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Casco Bay Weekly : 20 January 1994

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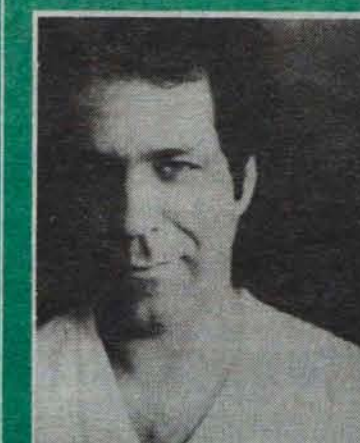
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Casco Bay Weekly

WELLNESS
REPORT



Cliff Eberhardt — not
your average new-folk,
acoustic pop artist,
sensitive singer/
songwriter type

See story, page 15

JAN 20, 1994



Alternative MEDICINE

Illustration/Michael Yoder

WHAT'S SO GREAT ABOUT GREATER PORTLAND? YOU TELL US — SEE PAGE 36.

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ZOOTZ

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Wednesdays Pirate Radio Broadcast
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Thursdays Decade: PoGo-A-GoGo
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 Beat The Clock, \$1 PBRs & \$1 Well Drinks Till 11 No Cover (21+)

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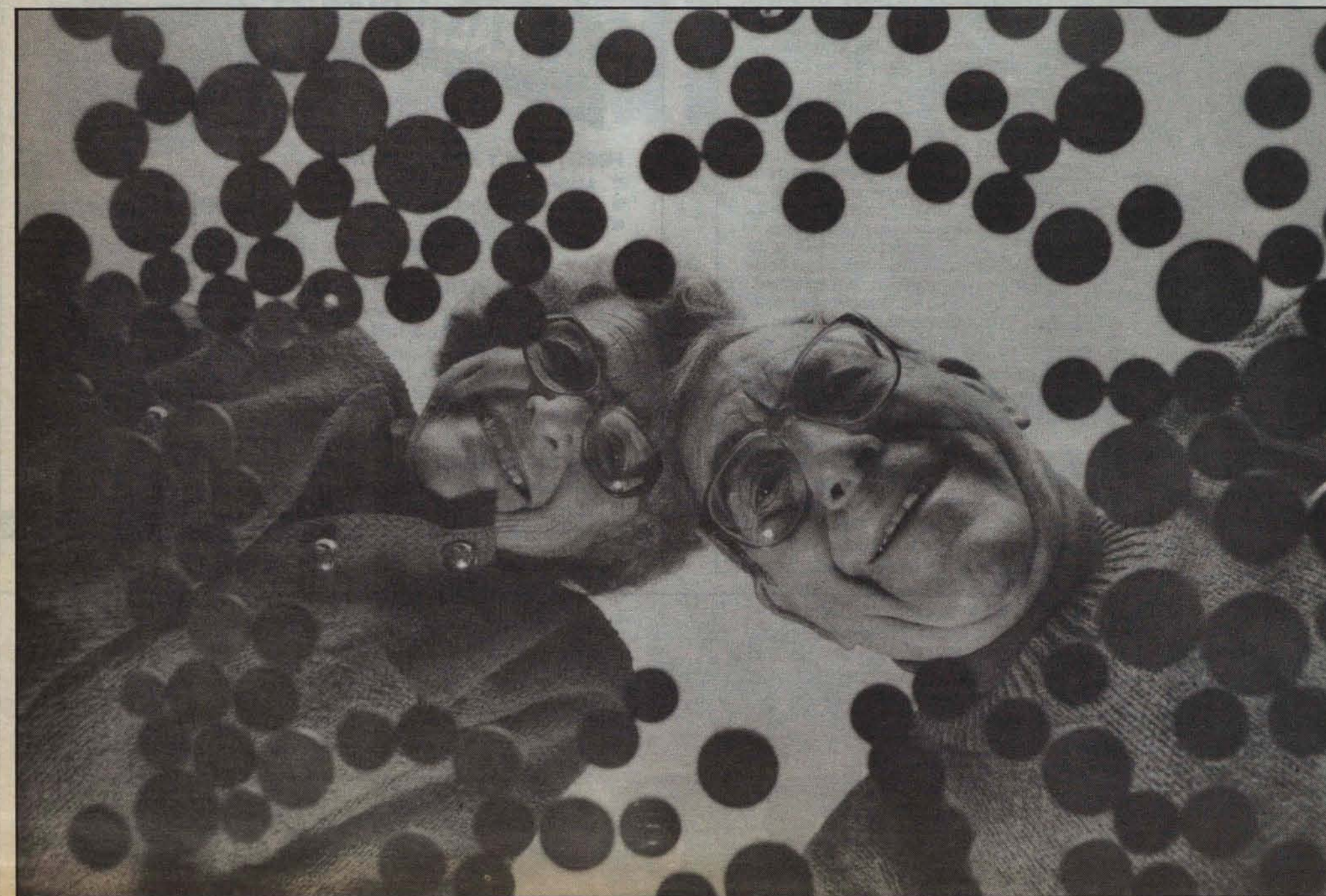


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A conversation with Ripon Haskell



Ripon Haskell, with his wife, Jessie: "The streets of Portland are just paved with gold coins."

Ripon and Jessie Haskell of Portland collect money wherever people drop it — on streets, under bushes and bridges, and in malls, airports and parking lots. The first year they collected, 1978, they found \$8.50. In each of the past five years they have found about 6,500 pieces of money, totaling from \$420 to \$510. The Haskells, who

are in their late 60s and active in the Retired Seniors Volunteer Program,

sometimes spend as many as six hours a day hunting for money. At the end of the year, they donate their findings to charity.

Where are your prime spots?

Over the years you kind of become attuned to where money's likely to be dropped. Parking lots tend to be the best places. My theory is that most money is spilled where men pull keys out of their pockets, because men tend to carry their keys and change in the same pocket. And it's amazing how much you find under meters,

particularly in the winter after it has snowed and melted.

Surprisingly, Freeport isn't a good place. We've never done well up there. Yuppies use credit cards. One unusual place you find money is the access ramps to highways, like the access ramp on Forest Avenue to 295. I don't know how the money gets there.

What were your best hauls?

I think the best ever — in coins — was on Main Street in Westbrook: \$3.95 in nickels, dimes and quarters, all in one place, all loose in one pile. One time after a thaw we were downtown and found \$4.80 in dimes around meters. I found a \$50 bill in the parking lot at Kentucky Fried Chicken in Portland one year, and we generally find at least one \$20-dollar bill a year. The best year in bills, I'd say, was the year we found \$74 in bills.

Do you find other things?

I imagine we advertise more things in the lost and

found in the classifieds than anyone else in Portland. We average a couple of watches a year. There was one spell last year when we found, within a couple of weeks, a pair of prescription sunglasses, a watch and a light meter. The oddest thing, I think was when we found a pair of wedding rings, his and hers, under a bush in South Portland. We find an enormous amount of jewelry. If only I knew a one-eared woman.

Do you know other money collectors?

We're not the only money hunters. There's a whole flock of them. We originally got into this by walking for our health — so we walk and incidentally find money — but you see people who are doing circuits around parking meters and telephones. There are people who work the mall parking lots after the mall closes, with flashlights.

by Wendy Keeler, photo by Kathy Plonka

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Feb 3 Capitol Steps (Political Satire)
Feb 4 EMO PHILIPS!! (Comedy)
Feb 5 Four Bitchin' Babes (Folk/Musical Comedy)
Feb 11 Schooner Fare (RDD Benefit)
Feb 13 Banff Ski Film Festival
Feb 14 Ladysmith Black Mambazo (African Menu)
Feb 19 "Radical Radio" (Dance/Theatre)

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9	10	11	12	13	14	15
16	17	18	19	20	21	22
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30	31					

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Expanded
Financial Aid
Hotline Hours
In January



FINANCE AUTHORITY OF MAINE
MAINE EDUCATION ASSISTANCE DIVISION

January is when students and families should begin completing student financial aid and scholarship applications for the academic year that begins in September of 1994.

To ensure that students and families receive the help they need in applying for college aid in a timely and accurate manner, the Finance Authority of Maine (FAME) and the Maine Association of Student Financial Aid Administrators (MASFAA) will be available to answer your questions about college financial aid from 5:00 p.m. to 8:00 p.m. on Monday and Thursday evenings throughout the month of January. Volunteers from the financial aid community will be available to answer your questions during these expanded hours.

Typically, FAME's Financial Aid Hotline is open from 8:00 to 5:00, Monday through Friday. However, on Monday and Thursday evenings during the month of January, these hours will be expanded to provide you more opportunities to get answers to your important questions as well as more convenient calling times.

If you have questions about financial aid for college, or if you require help in completing your financial aid and scholarship applications, make plans to call the Finance Authority of Maine's Financial Aid Hotline at 1-800-228-3734 in January.

**WE LOOK FORWARD
TO YOUR CALL.**

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news & views

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wellness 9
regional outlook 13
letters 13

newsreal

A review of the top news stories
affecting Greater Portland
January 12 through 18

The Greens entered the race for governor. Maine Green Party candidate Jonathan Carter announced Jan. 18 that he's running for governor to confront the "politics as usual of the Republicrats." Standing at the Portland waterfront in front of a pile of logs bound for China, Carter said his campaign would focus on the economy, the environment, education and equality. He called for a ban on whole-log exports and said, "We can create thousands of jobs by processing our own natural resources."

Carter garnered 9 percent of the vote in the 1992 2nd District congressional election — enough to keep Democrat Pat McGowan from beating Rep. Olympia Snowe. But Carter disputed the notion that he'll siphon votes from the Democratic candidate in the November election. "I don't believe we elected Olympia... We drew votes from Republicans, Democrats and independents. And we drew new voters to the polls," he said.

Carter drew those votes just over \$20,000 on his campaign, and he vowed to limit his gubernatorial campaign to \$100,000.

Meanwhile, in the campaign bucks bonanza, Joe Brennan reported that he had raised over \$212,000 — including pledges — by Dec. 31. Angus King reported raising over \$156,000, Tom Allen over \$146,000 and Bob Woodbury over \$130,000.

Portland Water District will lower rates for its customers in towns while it hikes rates for city customers, if an examiner for the state Public Utilities Commission has his way.

In a Jan. 13 report to the commission, Examiner Seward Brewster recommended the water district stop charging residents in Cape Elizabeth, Cumberland, Falmouth, Gorham, Scarborough, Standish and Windham more than it charges residents in Portland, South Portland and Westbrook. The water district's city customers pay an average of \$14 per month compared with the \$20 monthly bill that customers in the towns pay. Brewster recommended the utilities commission order a "five-year phase-in of a uniform rate, beginning Nov. 1, 1994." The commission will consider Brewster's report when it meets on Jan. 31.

Meanwhile, even if the commission accepts Brewster's report, the gap between the city rate and the town rate will grow on March 1, when the utility hikes all its rates to pay for construction of a new water purification plant near Sebago Lake in Standish. Average monthly water bills will climb to \$18 in the cities and \$25 in the towns. The rate hike will increase the utility's annual revenues by \$3.7 million.

Lawmakers kept the "Ballotgate" files secret again. House Republicans wanted to revive a bill that would make public the attorney general's most confidential records of the 1992 ballot-tampering investigation. (The bill was narrowly defeated in June 1993.) The GOP effort to revive the bill, which needed a two-thirds majority to pass, failed in a 68-68 vote Jan. 11.

Portland's representatives split their votes: Reps. Herb Adams, Mike Brennan, Eliza Townsend and Steve Rowe supported the effort to make the records public. Reps. Fred Richardson, Anne Rand and Jim Oliver opposed it. Rep. Annette Hoglund, whose sister was being hospitalized, was absent.

House Speaker John Martin, whose top aide was jailed in connection with the scandal, did not vote on the issue.

A plane that buzzed Portland repeatedly for three hours, up until 1:30 a.m. on Jan. 12, was on a secret law-enforcement mission, according to state police spokesman Steve McCausland. "I can't say more than that, but the state police were aware [of the plane's activities]," said McCausland.

That the plane was fighting crime didn't comfort Josselyn Fuller. "That doesn't give me a warm and fuzzy feeling," said Fuller, who lives near Westbrook College on Stevens Avenue. Fuller said she heard the plane flying over her roof every five minutes. "I was enraged... I moved downstairs to get some peace and quiet. It didn't work. I almost tried sleeping on the pool table in the basement. I was so tired."

"If that was supposed to be a secret anti-crime mission, it was a real Keystone Kops operation," said Ken Thompson, who tracked the plane's flight pattern from his home near Back Cove. "Every person in the neighborhood, including the criminals, could hear that plane flying over."

Maine Drug Enforcement Agency official David Kurz said the plane wasn't on a mission for his agency.

A graffitist was indicted on a charge of aggregated aggravated criminal mischief in Cumberland County Superior Court. On Jan. 10, a grand jury charged Eli Cayer of Boston with allegedly defacing 19 different properties in Portland, including Joe's Smoke Shop, Whit's End, WPXT-Fox 51, Geno's Tavern and the Children's Museum of Maine. The total cost of the damage was estimated at \$1,000.

Portland police will open an office in Parkside to help residents battle social problems in the neighborhood. The police set up the office in a converted three-bedroom first-floor apartment at 131 Sherman St., which they're renting for \$600 per month. A \$15,800 federal grant for community policing will buy some supplies and pay the salary of the office's part-time manager, Clarkson Woodward.

After the office opens on Jan. 31, said Woodward, residents who see crimes in progress or have an emergency should still call 911. "But if you're tired of the loud building across the street or you keep seeing people drinking and making noise in one doorway, call us," she said. "We'll try to solve the problem before it leads to crime."

Woodward said the office will also try to help residents with issues ranging from lack of heat to youth programs.

AIDS stats are more accurate now that the state is using a better definition of the disease. In 1993, according to the state Bureau of Health, 47 people with AIDS died and 159 new cases were reported. That brought the total number of AIDS cases reported in Maine to 480. Some of the 1993 increase in AIDS cases was the result of an expanded definition of AIDS adopted by the federal Centers for Disease Control. Previously, AIDS was diagnosed through an assessment of symptoms. With the new definition, AIDS can now also be determined by measuring the number of CD-4 cells (a type of immune cell) in the body. The new definition provides a more accurate reading of AIDS cases, said assistant state epidemiologist Geoff Beckett.

The state's report also showed that the number of Maine women with AIDS doubled in 1993, with 18 new cases reported. The 480 cases — including 221 people who have died — comprise 440 men, 36 women and four children.

The Sea Dogs will hold a job fair.

Portland's new minor league baseball team will take applications for part-time jobs on Feb. 23 at the Portland Expo. Hot dog hawkers, ushers and ticket takers are some of the 60 to 80 positions the team hopes to fill by its first home game on April 18. Wages for the jobs haven't yet been determined, according to Sea Dogs President Charlie Eshbach.

The Sea Dogs have also caught fire with fans around the country. In a survey by a national magazine, *Baseball America*, the Sea Dogs' logo ranked as the sixth most popular minor league team logo among readers, and the Sea Dogs were rated as the 10th most popular team out of the 180 teams, even though they've yet to play a game.

Portland received more money for its new train station.

The state and federal governments upped their share for the station by \$100,000 to \$1.3 million, according to Mayor Anne Pringle. A "modest" station will cost \$1.8 million, according to city estimates, but some city officials have balked at paying even \$500,000 for the station.

But the cost of the station might drop if the land that it will be built on turns out to have a lower value than estimated. An appraisal of the land's value should be completed by mid-February, Pringle said.

weird news

"Tequila" caused a headache for the Rockland school district. The Rockland District High School band has stopped playing the lyricless fight song at basketball games on orders from school principal Michael Gundel. The principal said that the song — which calls for fans to shout "Tequila!" — promotes drinking, according to the *Rockland Courier-Gazette*. But some students, parents and faculty complained at a Jan. 13 meeting that Gundel's decision amounted to censorship. School board chairwoman Mary Waterman said, "If they want to shout 'Tequila,' that's fine... if they don't have one in their hand."

After the meeting, Gundel said he would suggest a compromise, asking the band to substitute the word "tigers" (the school's mascot) for "tequila."

Reported by Stephane Fitch, Bob Young and The Associated Press;
illustrated by John Bowdren.



The face that launched a thousand Saabs.

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STEVE CALLED IT
SEDUCTION.
KATHY CALLED IT BEING
FORCED TO HAVE SEX.
NO ONE CALLED IT
RAPE.
NO ONE CALLED
THE POLICE.

When a group of high school students were asked: "Has anyone here ever been raped?" not a single hand was raised.

But when the question was rephrased: "Has anyone ever been forced to have sex by someone you know?" the show of hands was surprising.

It's frightening when you know how many people don't realize that being forced to have sex and date rape are the same thing. Which is perhaps why an estimated 90% of date rapes go unreported.

No matter what you call it, being forced to have sex by an acquaintance or a stranger is rape, and it's against the law. But it's a serious problem that you can help correct.

For a free brochure on how you can help end sexual violence, contact the Rape Crisis Center at 774-3613.



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If you or someone you know has been sexually assaulted, please call our 24-hour Rape Crisis Hotline at 774-3613 for help.

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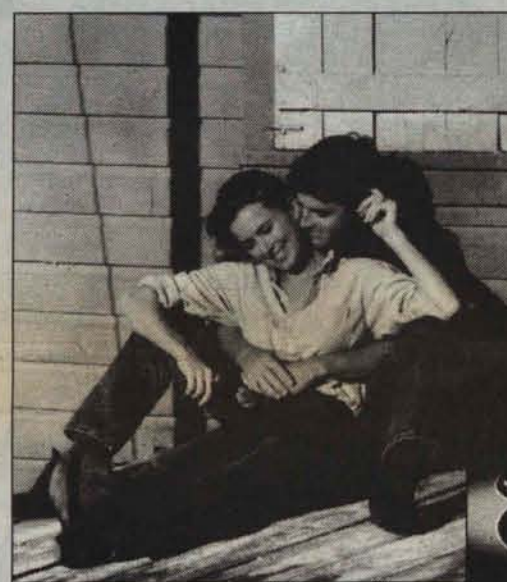


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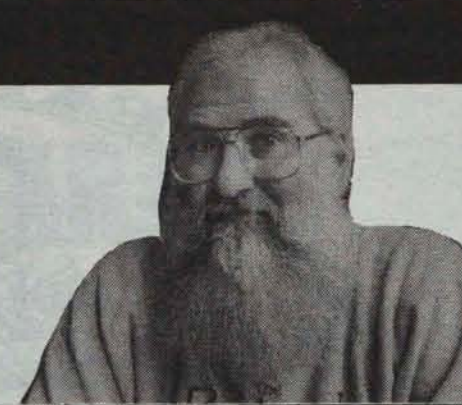
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politics & other mistakes

■ By Al Diamon



How will I ever be simple again

"It's time for a change. We've (the Democratic Party) had, in one sense or another, the same leadership for 10 or 15 years... As long as people think we just have the usual cast of characters involved, they will sit on their hands."

— Alan Caron, political consultant and organizer of "New Leadership '94," quoted in the *Bangor Daily News*, May 15, 1992

"There is an opportunity out there for real change, and we may squander it by revisiting the past."

— Caron, quoted in the *Portland Press Herald*, May 19, 1992

"We're (New Leadership '94) looking for someone ready and able to do things in a new way... If Joe Brennan is the best candidate, we'll get behind him. But frankly, that requires that he develop some new approaches."

— Caron, quoted in (Lewiston Sun-Journal) Sunday, April 11, 1993

"We're back to the drawing board. No one has lit a fire with this group (NL '94) yet."

— Caron, quoted in the *Maine Sunday Telegram*, Oct. 10, 1993

"No candidate of either party is better prepared than Joe Brennan to bring Maine people together, make our government work again and move our economy forward... Brennan, in his last term as Governor, assembled an outstanding cabinet and government. Maine benefited greatly then, and will again, if he is elected in November."

— Caron, quoted in a Brennan for Governor press release announcing he had been hired as political director, Dec. 23, 1993.

Slip kid

Republican Paul Young will make a big push later this month to get his gubernatorial campaign into high gear. Young is a freshman state representative from Limestone, who owns a small computer software company and teaches at St. Joseph's College. He's quick to explain to anyone who'll listen why he's plenty smart enough to be governor, but not enough voters have listened to make him anything more than an unknown face in the crowd of folks hoping to move into the Blaine House. Young will try to remedy that anonymity by releasing "A Plan for Maine's Future," which supposedly provides details on his stands on issues ranging from economic development (he's for it) to health care reform (he's for that, too, as long as it doesn't cost anything). Mostly though, the plan is a mishmash of vague statements, silly buzzwords and outright errors.

"In politics nothing is contemptible." (Disraeli). But if you happen across something disgusting, we can probably use it anyway. Send your slime to this column, care of Casco Bay Weekly, 551A Congress St., Portland, ME 04101. Or call in your crud at 775-6601.

s a l e

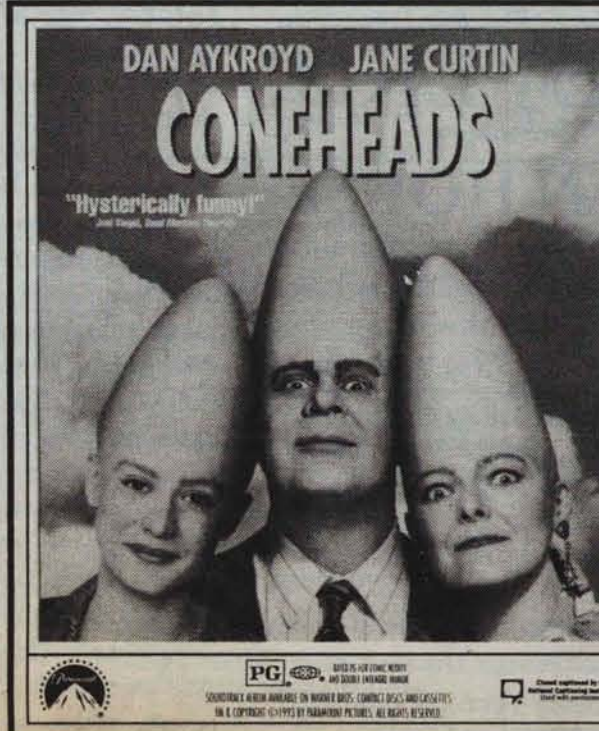
It's here, our fabulous annual January Sale! All kinds of great objects that you have always wanted will be up to 60% off and more. Handblown glass perfume bottles, tumblers, stemware, ceramics, clocks, furniture, sweaters, scarves, puzzles, night lights, candleholders, glass vases and bowls are just some of the wonderful items on sale.

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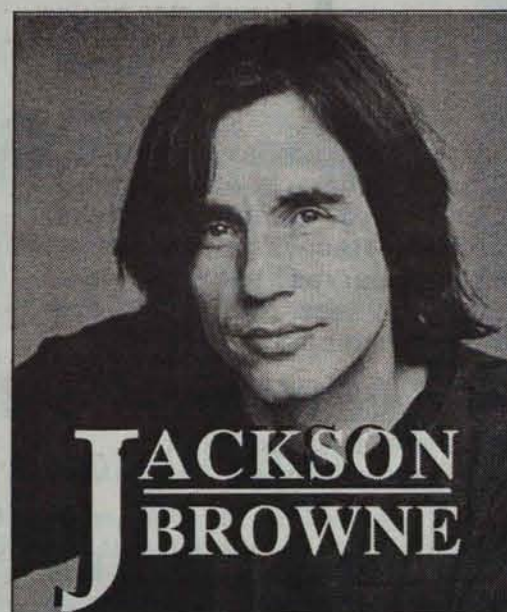
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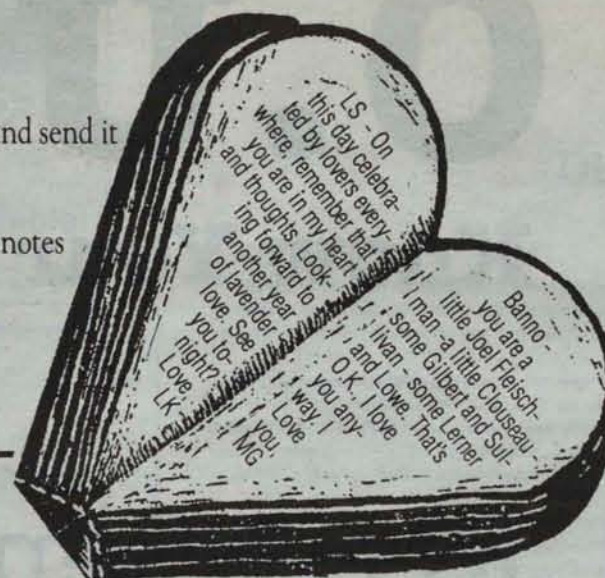
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9:45	05	Cable TV advertising	12:45	05	Cable TV advertising	3:45	04	Cable TV advertising
	06	Database Marketing		06	Database Marketing	4:30	02	Directory advertising
10:30	02	Directory advertising	1:30	02	Directory advertising	4:45	03	Public Relations
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THE Tao OF MEDICAL CARE

When will Western medicine open its eyes to natural alternatives?

By Adriane Fugh-Berman, M.D.

Now that we've entered the health care season of the political year, the air is abuzz with talk of health alliances and insurance premiums, hospital regulations and doctor choice — the minutiae of payment and pain management. Lost in all this is a fundamental question: Is our current medical system providing optimal care for Americans?

By all accounts, the Clinton plan will concern itself with the form of coverage and leave the content of care alone. That suits the medical establishment, which is largely satisfied with our current disease care, or crisis management, system and which likes to pretend that a true health care system that emphasizes prevention and the most benign therapies is not possible. Yet increasingly this view is being challenged by consumers, one-third of whom have used unconventional therapies.

According to a study conducted by Harvard Medical School researchers and published last January in *The New England Journal of Medicine*, Americans spent an astounding \$13.7 billion on these therapies in 1990, 75 percent of which was paid out of pocket. Moreover, only 28 percent of those who saw alternative health care practitioners admitted as much to their regular physicians.

The reason for their reticence is clear: In commentary accompanying the study, Dr. Edward Campion epitomized establishment opinion by scoffing at alternative remedies as "patently unscientific" and, more to the point, "in direct competition with conventional medicine." The "public's expensive romance with unconventional medicine is reason for our profession to worry," Campion wrote. Rather than worry, doctors should engage in a little soul-searching about why patients are paying hard cash for the privilege of sneaking around on them, and what this says about the healing arts.

The term "alternative medicine" is maddeningly broad, encompassing as it does complete ancient medical systems such as ayurvedic and traditional Chinese medicine as well as single-component (and sometimes single-proponent) regimens such as bee pollen or ozone therapy. Certainly charlatans exist, and not all unproven therapies will turn out to be useful. But among the detractors of alternative medicine, matters of definition are almost beside the point. As Dr. Alan Gabry, president-elect of the American Holistic Medical Association, says, "Alternative medicine is anything the people in power don't like."

The association attracts only a tiny percentage of the medical community — 521 physicians and medical students, plus seventeen other licensed health care providers — to its concept of treating "the total person: body, mind and spirit."

Part of the reason for the small numbers is practical. Until very recently, U.S. researchers who wanted to examine alternative therapies ran into both funding and publication roadblocks. Pharmaceutical companies, the mother lode of research money, are not about to fund studies of herbs and vitamins, which are unpatentable, inexpensive and potentially competitive with profitable drugs.

Although there is extensive documentation in the medical literature of the benefits of chiropractic, herbal medicine, homeopathy and acupuncture, most of these studies were done in other countries and are therefore considered untrustworthy by American doctors. Meanwhile, "peer-reviewed" medical journals in the United States rarely see fit to publish studies that call standard medical practices into question. The National Institutes of Health recently established an Office of Alternative Medicine, which will work to eliminate those obstacles, but with a budget of \$2 million it can only provide what the office's director, Dr. Joe Jacobs, calls "homeopathic levels of funding."

Unwavering traditions

The more powerful reason for the marginality of alternative medicine is cultural: The medical profession is almost religious in adhering to its own traditions and is deeply suspicious of change. "We receive as much training as a Jesuit priest," notes Dr. Henry Altenberg, the author of *Holistic Medicine: A Meeting of East and West*. "Practicing alternative medicine is heresy against our training as well as betrayal of the guild."

Local medical boards have made it unpleasant for alternative practitioners. Dr. George Guess was charged with "unprofessional conduct" by the North Carolina Medical Board for practicing homeopathy. Given a choice of abandoning homeopathy or forfeiting his license, he left the state.

Although patients rarely complain to the boards, insurance companies have turned doctors in. One California physician provided nutritional consultation and vitamin B-12 injections to a patient; the insurance company that received the claim called it medically unnecessary, charged the doctor with overbilling and brought him before the local medical board, which tried, unsuccessfully, to revoke his license.

In 1985 members of Medicare, Blue Cross/Blue Shield, State Farm and a number of other insurance companies formed an organization called the National Health Care Anti-Fraud Association, which maintains a database of practitioners who submit insurance claims. Any "unusual" practice may trigger an investigation.

The antagonism between the medical establishment and less conventional healers is an old one. In "The Silent World of Doctor and Patient," Dr. Jay

Katz observes that the age of science in medicine began in the mid-19th century, coinciding with the age of medical monopoly. Scientific advances were the bait used to draw consumers away from "domestic practitioners."

Medical school is schizoid on the question of science versus clinical judgment. Science is taught in the preclinical years of training, but such an extraordinary amount of unprioritized information is dumped on medical students that they learn promptly to dispense with anything extraneous, including alternative points of view.

Yet Western medical interventions, even when used correctly, kill and maim thousands of people annually. Incorrect use takes an astonishing toll: Medical malpractice alone kills an estimated 45,000 people annually, making it the leading cause of accidental injury and death.

The majority of doctors prefer not to think about this, even as they perpetuate a litany of myths about alternative therapies: Herbs are poisonous, vitamin C causes kidney stones, chiropractors paralyze people, acupuncturists lacerate internal organs. Of course, just because something is "natural" doesn't mean it is free of risk (sunshine, after all, can cause cancer), alternative treatments rarely result in ill effects. Plant poisonings, for instance (which are almost exclusively due to consumption of toxic ornamental plants, not herbs), resulted in one fatality in 1989, while fatal poisonings by antidepressants, analgesics, sedatives and heart drugs totaled 414 that same year.

Nutritional supplements are also viewed with irrational suspicion by the medical establishment. On May 20, *The New England Journal of Medicine* reported that women who took vitamin E supplements for longer than two years had a 41 percent reduction in risk of coronary artery disease, while men experienced a 37 percent reduction.

Although even huge doses of vitamin E have been shown to be nontoxic when ingested, the commentary accompanying the studies cautioned against recommending use of the vitamin, stating that "having inadequate data on the benefits to be expected, we should hesitate to accept any potential risk."

Would that the same yardstick were applied to all of the invasive diagnostic tests, procedures and drugs that are dispensed to the population with entirely inadequate data on potential benefits.

In fact, the one nutritional supplement that has been embraced by physicians is also the most toxic. Iron is the leading cause of fatal pediatric poisonings, and recent evidence suggests that high levels of iron in the blood may increase the risk of heart disease.

Although folic acid, a B vitamin, is nontoxic, reduces the risk of birth defects and may lower the risk of heart disease, it is available only in tiny doses without a prescription. The reason: It can mask the laboratory diagnosis of pernicious anemia (an uncommon disease). In the 1980s the Food and Drug Administration (FDA) made an even more bizarre decision on tryptophan, an amino acid. After a batch of tryptophan made by a Japanese company was found to be contaminated, causing 27 deaths as of Aug. 1990, the FDA discouraged all sales of

tryptophan in this country, depriving thousands of people of an effective treatment for insomnia, depression and muscular problems. Stigmatizing tryptophan because of a contaminant introduced by one company's shoddy practices makes about as much sense as banning apples because of Alar.

Healing side by side

All this is not to say that Western medicine should be supplanted by alternative medicine. For emergency care, especially traumatic injury, and life-threatening infections, conventional medicine does it best. But how many ski accidents or bouts of pneumonia does the average person suffer? Alternative therapies should be the treatment of choice for the chronic, irritating, uninteresting maladies that plague most of us. Consumers evidently have already figured this out.

In the Harvard study, patients sought alternative treatments most often for back problems, insomnia, headache, anxiety and depression. Although there are drugs available for each of those conditions, long-term use is problematic. Almost one-third of the patients hospitalized for gastrointestinal bleeding, for example, are there because of aspirin, ibuprofen or prescription painkillers.

Alternatives should not, however, be ruled out for more serious conditions. While there are no panaceas in alternative medicine for autoimmune diseases, AIDS, degenerative diseases and cancer, neither are there any in standard medicine. Unorthodox therapies should be compared with existing ones, both in terms of efficacy and side effects, and, where beneficial, a combination of approaches should be used.

But even this adjustment may prove difficult for most mainstream doctors. Although it is not a conscious preference, physicians usually don't mind that their therapies produce side effects: It proves their medicine is powerful, and more medicine can often be given to counteract the effects of the first drug.

Above all, the power of the medicine translates into the power of the physician. And here we come to another important reason behind physician resistance to alternative therapies. In traditional doctor-patient relationships, patients are passive, doctors all-knowing. Alternative health care providers, by contrast, are generally invested in helping a patient regain a sense of control over his or her own illness and life. Learning how to control symptoms with relaxation, dietary changes, or nutritional or herbal supplements can be very empowering.

To dismiss effective healing arts because we don't understand the mechanisms involved is like covering one's ears and humming loudly. For all that science can disclose, the body retains its mysteries. Perhaps one day we will be privileged to have a medical system that encourages humility among doctors, and uses the most benign therapy that is effective for each medical condition.

That would truly be a revolution in health care.

Adriane Fugh-Berman practices alternative medicine at the Taoist Health Institute in Washington, D.C. A slightly longer version of this story previously appeared in *The Nation*.

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MENOPAUSE, Naturally

Taking a holistic approach to the change

By Deborah Phelan

Shari Biggs knew she was on the verge of an enormous change, but hadn't an inkling of what her body had in store for her. "I felt like I was bursting forth," says the 43-year-old therapist, "as though my body just couldn't contain what was happening to me. There's no doubt that I'm just not the same person I was before."

San Francisco artist Ellen Edwards, 51, says for the first time she feels in touch with the "robustness at the core of me."

Right now desktop publisher Barbara Summers, 47, says she's "on top of the world."

All three women relate experiences that indicate a zest for life rather than dread. This may seem a contradiction to general opinion, since all are in what has been traditionally viewed as a time of decay, characterized by deep depression and anxiety, hot flashes, night sweats, erratic mood swings and loss of sexuality.

These women have all successfully entered menopause and are championing it as a time of rebirth, transformation and discovery. The three are part of a growing number of women in their 40s and 50s across America who are shunning conventionally prescribed estrogen replacement therapy and opting instead to manage "the change" with a more natural holistic approach.

They have chosen Chinese medicine, a 2,000-year-old system that combines acupuncture, herbs, massage, diet and exercise to balance "qi," or the life force.

While women cite differing reasons for their choice, most claim using synthetic hormones simply does not gel with their lifestyle. Others are warned against the treatment owing to a history of breast or ovarian cancer or an unsuccessful experience with birth control pills. Still others have already tried estrogen replacement and found

it ineffective in dealing with some of their more bothersome symptoms.

Summers says she is overjoyed with the success she has had using Chinese herbs and acupuncture. Plagued with hot flashes, night sweats, insomnia, mood swings, irregular periods and memory loss, Summers says that after two months in treatment, she's overjoyed with the results. She's sleeping better, has no hot flashes or night sweats. Her monthly periods have resumed.

"I was feeling just horrible, very stuck," she says. "Now I feel energized and excited. I'm ready to go out and tackle about 15 different careers."

Edwards says Chinese medicine offers her a benign way of dealing with her symptoms. In treatment for three months now, she uses tinctures, acupuncture, and plant estrogen and progesterone creams. "I really thought that menopause was going to be a setback," she says. "But I'm back to my old self again. The symptoms have almost entirely disappeared."

Though she might be back to her "old self," Edwards has developed a new conception of menopause, an Eastern perception in which hormones and hot flashes are replaced with such terms as yin and yang, rising liver qi and stagnating kidney qi.

Time of transition

Simply speaking, menopause in Chinese medicine is viewed as a time of transition when the yin — the moistening, nurturing aspect — is declining. It is a time when the individual's essence is diminishing. The liver, which regulates the energy flow, and the kidney, the individual's essence, are the primary organs of concern. Treatment consists of balancing the yin and yang, harmonizing the blood qi and helping to regulate the functions of the organs.

Acupuncturist Diane Vial says more and more women are coming to her San Rafael, Calif., practice for menopausal problems. Many of them have already begun estrogen replacement but are still uncomfortable with symptoms.

"In Chinese medicine, you always treat the person who has the symptoms of disharmony, you don't just treat the symptoms," she says. "Each

person receives a different treatment because their signs and symptoms are unique." While acupuncture is used to move the body into balance, Vial says the herbs are the most important aspect of therapy, the "internal medicine" that is ultimately the most effective.

Acupuncturist Iris Gold points out that it is often difficult to determine whether a woman has actually become menopausal. Typically, she explains, women first begin experiencing perimenopausal symptoms, such as irregular menstruation or spotting, a change in libido and an awareness of extra heat in their body. The movement into menopause introduces more mood swings, hot flashes, night sweats and the cessation of periods.

Regardless of where the woman is in the process, the goal of treatment is to find the correct combination of herbs and therapies to balance estrogen and progesterone levels. "It's almost like a dance," she says. "We can't stop the aging process, we can't keep a woman 35 when her body is 52, but what we can do is make the process smoother and more comfortable."

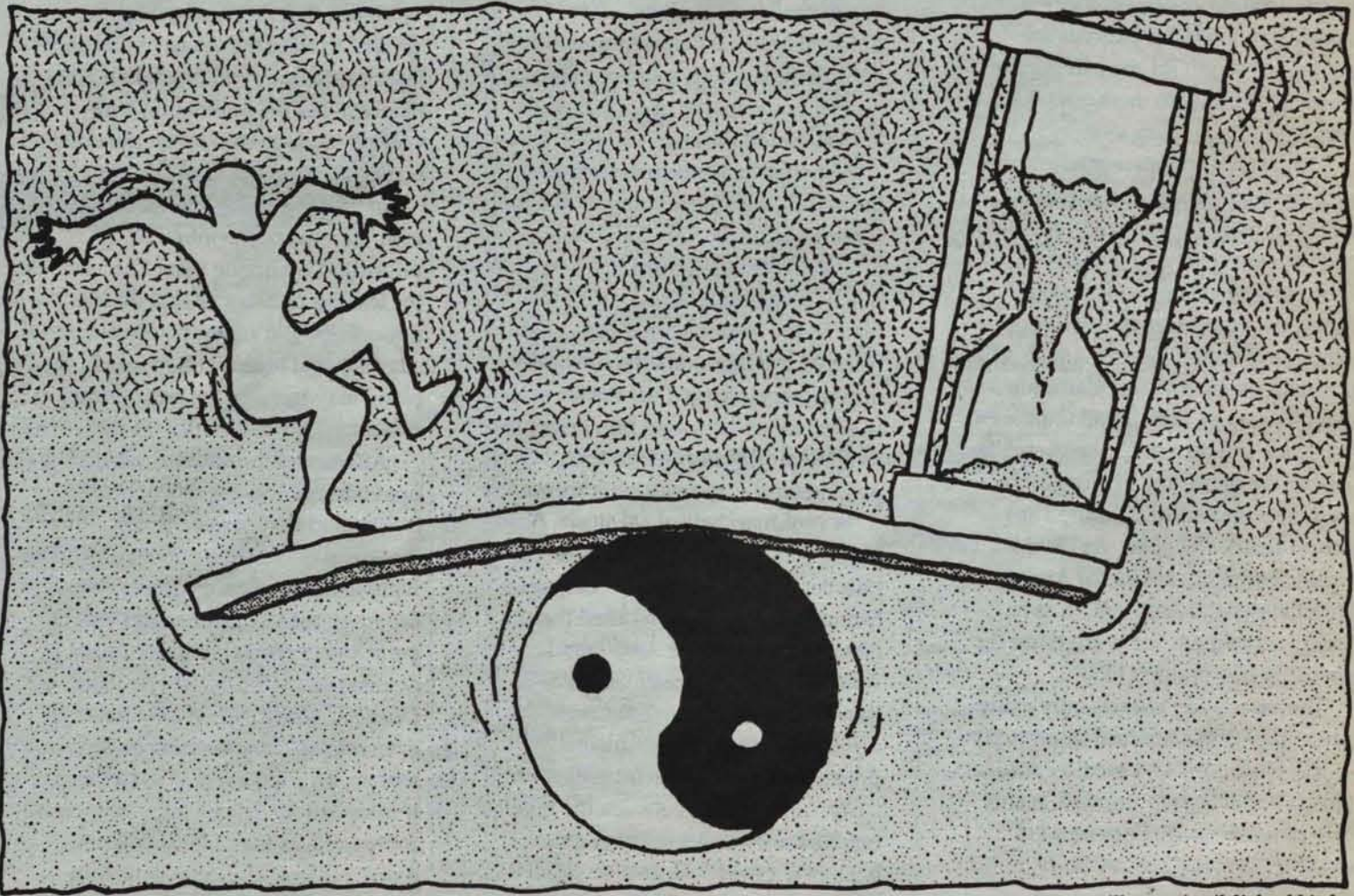
Gold, who has been in practice for 10 years, says more than 50 percent of her patients are women who are dealing with hormonal imbalances.

"Even when they come to me for something else, sooner or later we start talking about it and we often find that hormonal imbalances are at the root of their problems," she says.

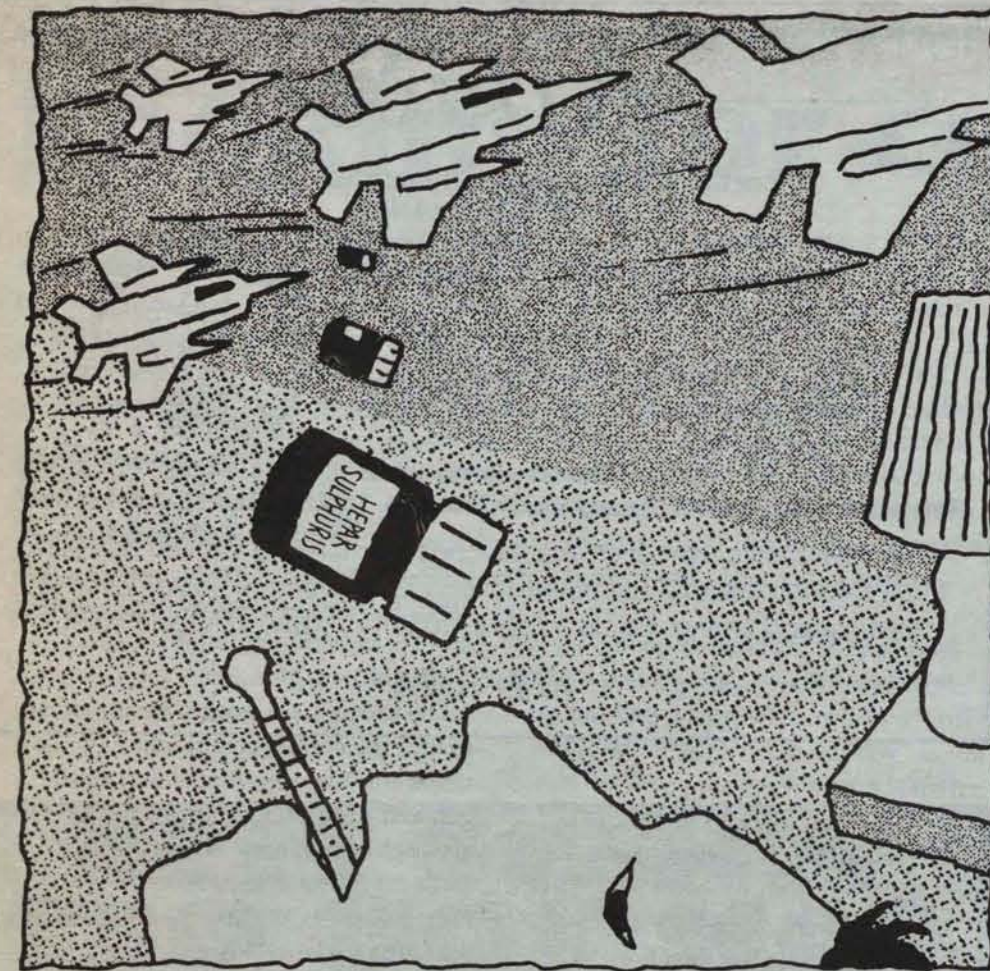
Acupuncturist and licensed nurse practitioner Julie Freiberg agrees that treating and educating women early enough can support them in making the transition successfully. "My job is to build up perimenopausal women, to get them ready," she says. "Women really need a coach, someone who will look at you and your uniqueness and work out a program that will guide you through menopause."

"Women need all the assistance they can get," she continues. "After all, they are going to lead one third to one half of their life as this older, wiser woman."

Deborah Phelan originally wrote this story for the Pacific Sun, which is published in Mill Valley, Calif.



illustration/Michael Yoder



illustration/Michael Yoder

FIGHTING THE COLD WAR

Tired of NyQuil? Give homeopathy a chance.

By Kimberly Dakin

Gripped with the latest bug to pass through Maine, I stood in front of my medicine cabinet considering the remedies. Bottles of NyQuil and Co-Advil lined one side; herbal remedies were on the other. Here was the real Cold War, a battle in which the falling of the Eastern Bloc wasn't quite as critical as the annihilation of the sinus block.

Then I spied a packet of white pills wrapped in cellophane — a gift from a friend during one of my past bouts with tendonitis. The pills were a homeopathic remedy, and they did for my aching hands what a brace, therapy and Advil failed to do. Remembering this past success, I decided that homeopathy deserved a closer look.

I made few calls, borrowed a few books and then climbed into bed with "Everybody's Guide to Homeopathic Medicine," by Stephen Cummings and Dana Ullman. I soon learned that, in homeopathy, patients don't just sit back and take orders — they take control of their own healing. The patient's chief responsibility is to observe symptoms.

Homeopathy may seem like a New Age, newfangled practice to those brought up on modern medicine, but it possesses an ancient and rich history. The science of homeopathy was founded in the early 19th century by Samuel Hahnemann, a physician to German royalty. Hahnemann became disenchanted with the medical practices of his time, which included bloodletting and leeching. He began experimenting with Peruvian bark as a cure for malaria. It seemed to work. In the process of finding a cure, he discovered that by taking small doses of the bark, he developed malaria-like symptoms.

After similar findings with other diseases and other substances, Hahnemann concocted the law of similars and gave homeopathy its name. (The name is derived from the Greek *homois* [similar] and *pathos* [suffering]). By the late 19th century, homeopathy was the principal science of healing in America. It's still a major force in European medicine.

Homeopathy works by stimulating the body's natural desire to get well. The remedies encourage the immune system to mount a concerted assault on the invading disease. Whereas Western medicine generally treats physical symptoms, homeopathy considers symptoms to be the body's natural attempt to balance itself. The remedies, which are typically derived from plants, come in various forms, including pellets, lotions, tinctures and sprays.

After consulting a symptom chart in "How to Use Homeopathy" by Dr. Christopher Hammond, I determined what kind of sore throat I had, what kind of mucus, what time of day I felt the worst, what type of headache I had and so on. I then headed to Portland's Good Day Market for the white pills the chart recommended — *hepar sulphuris*.

After the first dose, I actually felt worse. In a mild panic, I phoned Mary Lyn Garner, a homeopathic practitioner. Did I take the wrong stuff? "Not possible," she assured me. "If the remedy is incorrect, it simply won't act." In fact, patients actually feel worse at the outset in 30 percent of the cases involving homeopathic medicine. Then the recovery begins.

For this malady, a second dose of the *hepar* did the trick. I felt better, and I got the satisfaction of having cured myself naturally. And all this without paying a doctor's bill.

Kimberly Dakin is a freelance writer in South Portland.

Heal thyself

Homeopathic remedies are available at many area health-food stores. A homeopathic starter kit with instructional material and several basic remedies sells for about \$30.

Maine hosts several informal homeopathy study groups. The Southern Maine Homeopathic Study Group meets monthly in Yarmouth. There is no charge for the meetings, but membership costs \$12 per year. Write to Southern Maine Homeopathic Study Group, c/o Mr. and Mrs. Daniel Ferreira, 175 River Road, Topsham, ME 04086.

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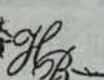
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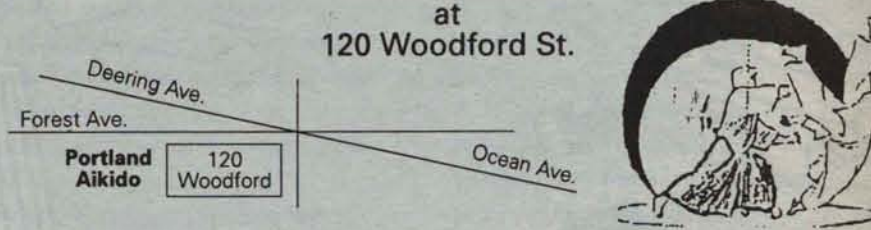

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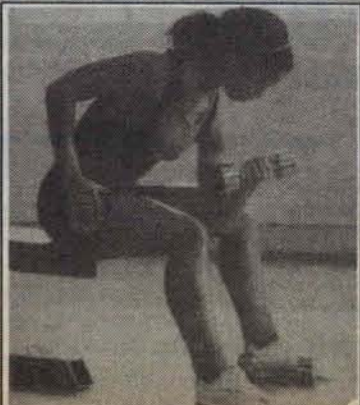
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Greater Portland's towns and cities should cooperate more and compete less

Looking for common ground

Take a look at this week's news roundup on page 5 and search for a common thread. Well, OK, it's a bit elusive. But three of the stories relate to one of our favorite themes on this page: the need for a regional government — or at least a regional approach to Greater Portland's future.

Story one: At the end of January the Public Utilities Commission (PUC) will decide whether to order the Portland Water District to charge all its water customers the same amount for services. Right now, the district has a two-tier system. The residents of the cities — Portland, South Portland and Westbrook — pay about 30 percent less than water customers in the towns, which include Cape Elizabeth, Cumberland, Falmouth, Gorham, Scarborough, Standish and Windham.

The towns have been trying for years to even out the difference. They gained some ground when a PUC examiner determined that the old system was unfair and outdated. He recommended that it be replaced by a single-fee system by 1999. If the PUC accepts this recommendation at its next meeting on Jan. 31, city residents will eventually pay the lion's share of the 27.7 percent rate hike scheduled for March to pay for a new water purification plant.

The argument by the towns — that the expensive improvements have evened out costs among all customers, making the differential in servicing the two groups insignificant — isn't farfetched. But boosting water costs for city customers will yield results that are all too obvious. High costs will create yet another reason to flee the cities and take up residence elsewhere. The cost of living in the cities goes up; the incentive to stay declines; the cycle of decay accelerates.

Such a result would be a shame, since the Portland Water District with its two-tier rates is a model already of how a regional approach can — and should — work.

Developers don't make siting decisions based on water costs alone, of course, but complex decisions are often the result of dozens of small elements. Making

water cheaper in the cities subtly rewards concentrated development where it belongs — in urban areas. At the same time, higher rates in the outlying areas quietly discourages the mindless sprawl of subdivisions and mini-malls.

Regardless of the PUC's decision, CBW urges the communities in the region to start talking about how to best manage growth so that everyone benefits. Regional economic development too often is just a fancy term for small decisions — like water rates — made independently, that yield major results. Such decisions shouldn't be made in a vacuum.

Story two involves the Portland train station. According to Mayor Anne Pringle, the city must come up with at least \$200,000 to pay for a train station for the restored Amtrak service to Boston. The train station will benefit everyone in the region, offering a fast and efficient way for residents of Falmouth and Cape Elizabeth as well as Portland to head to points south. Yet Portland pays, and the outlying towns get a free ride. A regional approach would allow all who benefit to share the burden.

Story three? The Sea Dogs. Again, the city is paying for a sizable chunk of stadium renovations. Who benefits? The residents of Portland, of course, but also those from the surrounding communities who can enjoy the games and apply for the 70 or so seasonal jobs the team is anticipated to generate.

The key to successful regional cooperation is not just to share the burden, but also the benefits. With expanded regional cooperation, towns can also benefit directly from the prosperity of the city, through tax-sharing compacts or other financial arrangements.

We don't need to rehash the case for regional government here. (See "Abolish the suburbs," 7.29.93.) Squabbling between cities and towns over how to pay for those elements that improve life for all simply isn't productive. CBW believes a cooperative approach is the best way to ensure the region's future. We hope that those running for governor (see the lead story on page 5) take a long look at regional government, and think about ways to make this a reality. (WC)

Hate speech in CBW

I write in protest of the classified ad running for the month of December and into January advertising the sale of T-shirts with such slogans as "AIDS KILLS FAGS DEAD." I would have hoped that this kind of offensive hate speech would never make its way into the pages of CBW — an often intelligent paper — whether as a classified ad or as an editorial.

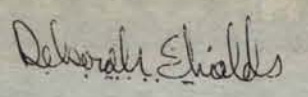
CBW could have refused this ad at any time without fear of a 1st Amendment violation. Precisely because

it is an ad it is considered commercial speech under constitutional legal doctrine, thereby removing it from traditional 1st Amendment protections. Words that can be said to "incite violence" or be taken as "fighting words" also stand outside of 1st Amendment protections in most instances. Furthermore, within the paper itself, several notices emphasize that the paper "reserves the right to edit, refuse or recategorize ANY ad" (emphasis mine). Why did CBW choose to accept this ad?

By publishing this ad, CBW implies that such gay bashing, homophobic, AIDS-phobic sentiments deserve a place in our papers and in our culture. Would CBW have accepted as readily an equivalent ad that read something like "Alcoholism Kills WASPS Dead" or a grossly racist ad submitted by the KKK? Does CBW really believe that the abstract notion of "allowing space for multiple viewpoints" justifies the

inclusion of hate speech directed at gay men and people with AIDS in an era when such people face discrimination and violence every day?

I would have hoped that CBW, with its often insightful coverage of controversial issues, would lead the way towards promoting equal rights for all citizens, more responsible journalism, commercial and editorial, in the future.


Deborah Shields, Esq.
Executive Director, The AIDS Project



Selling hate

In "Stuff for Sale," CBW printed a classified ad from someone selling T-shirts that read, "AIDS KILLS FAGS DEAD."

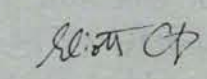
It could be argued that by publishing the ad CBW is exposing the bigotry and hate lurking in our community and championing free speech. Exposure only helps us to mobilize against the potential violence expressed in the ad.

On the other hand, as the media fulfills its function as information broker and analyst, it is regarded by many as an authority figure. This position of authority translates into power.

The media uses this power when it endorses candidates and when it sells

the image of trustworthiness and respectability to potential advertisers. Despite journalistic ideals, I think it would be naive to ignore this power and to assume that newspapers only provide publicity, coverage and opinion.

Is it possible that, when seeing bigotry-as-advertising, a significant segment of our culture receives the message that discrimination, hate and violence are acceptable? I believe the answer is yes, and that CBW's advertising policy could use further thought and refinement. Prohibit this type of advertising; rather, stick it on the front page and write an article about it. Preserve free speech by inviting the hate-mongers for an interview. That would be a much higher service, and a more responsible use of power.


Elliott Cherry
Portland

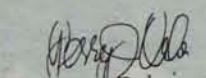


Hate ad

As a former employee of CBW and a present employee of The AIDS Project, I must register my protest to the hateful "AIDS KILLS FAGS DEAD" classified ad. I am embarrassed that CBW is collecting nine bucks each week that this ad (or more accurately, hate crime) runs.

Once again, one more time, this reader is forced to ask, "Why can't CBW's editorial visions be mirrored in its advertising?"

With all the consolidation hubbub currently occurring, perhaps the new kid on the block, Bill Rawlings, can be persuaded to improve your financial performance by merging your political and fiscal policies. The subsequent consistency of your pages, I am convinced, is the key to expanding future advertising revenue.


Terry J. Dubois
S. Portland



Casco Bay Weekly welcomes your letters. Please limit your thoughts to 300 words, include a daytime phone number and address to: Letters, Casco Bay Weekly, 551A Congress St., Portland, ME 04101

Casco Bay Weekly

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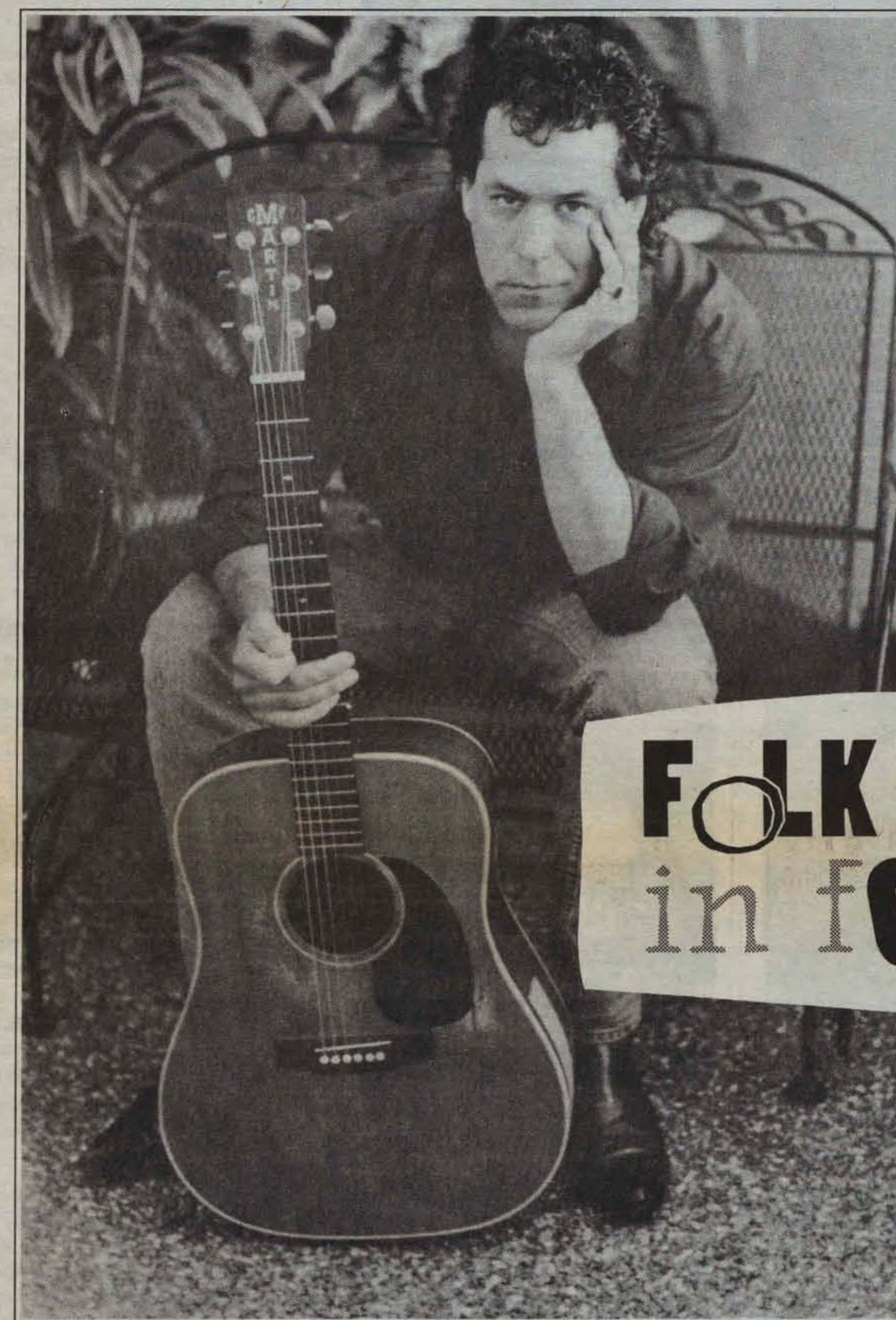
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art & soul

silver screen 16
10-day calendar 18 & 19
stage 20
puppets 21



FOLK TROUBLE in folk city

Singer/songwriter
Cliff Eberhardt
SHAKES the limits

■ By Elizabeth Peavey

Singer/songwriter Cliff Eberhardt is in folk trouble, but you'd never know it to see him take the stage, as he did at Raoul's on Dec. 30 to play before a pathetically small audience. Eberhardt is a showman and a pro — never mind the meager turnout; never mind the table full of porkchop heads in the back, whooping and yelling amongst themselves as though they had stumbled into a hog calling contest instead of a club (let's be glad these people only go out once a year...); never mind the freight train that rumbles past the club, shaking the rafters, but not the performer. Eberhardt plays on, plays on as though to a packed and dazzled Carnegie Hall.

The New York-based Eberhardt is one amongst a group of contemporary musicians — which includes Patty Larkin, John Gorka, Cheryl Wheeler (with whom he will play on Jan. 23 in the "On A Winter's Night" concert tour at the First Parish Church in Portland) and Shawn Colvin (who will play in Portland

on Feb. 19) — who are in genre limbo. No one can figure out what to call their kind of music. Certain terms have been bandied about — "singer/songwriter music," "acoustic pop," "new acoustic music," "new folk movement" or the ever-catchy "contemporary folk pop" none of which satisfactorily suit these artists whose acoustic, lyric-driven music bleeds or busts through the boundaries of classification. Too rock for folk, too folk for rock — they are a generation perdu of musicians; they are frustrated and stymied. Says Eberhardt: "We need to come up with a name for [our music], even if we call it 'Betty.'"

But back to Eberhardt's folk trouble, which stems largely from this genre problem. Because record companies, A&R guys and promoters feel the need to pigeonhole, most of these artists, by default, get shoved into the "folk" slot. In the long run, the suits may be shooting themselves in the foot. Audiences looking for something

grittier than sea shanties and songs about grubbing around in the earth, might be turned off by the folk label. (In fact, I had to drag a friend kicking and screaming to Eberhardt's show, so great was her fear of spending an evening listening to some "sensitive guy" keen about his woodstove and people with baby snuggles...)

But the fact that Eberhardt's music is most often acoustic does not mean it's folk, per se. "I was the first person to ever play with a band at Folk City," says Eberhardt. "But I never said I was a folk musician. And I've had to live that down since. I'm associated with folk musicians because I play solo, and while I have a great respect for folk music, that's not what I do. It makes me crazy when people listen to a certain song and say, 'That's not folk, that's rock and roll.' And I'll say, 'You're right! That was rock 'n roll.' I love rock, and I love blues and I love folk. Why do we have to do just one thing?"

continued on page 17

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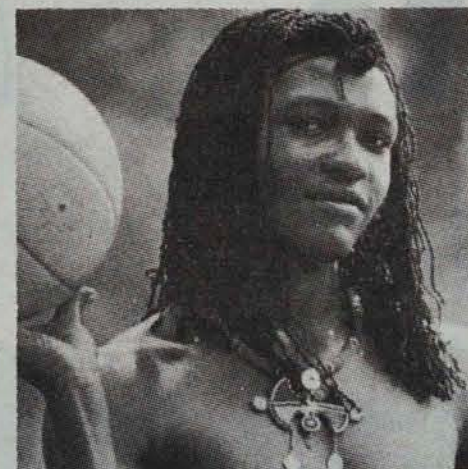
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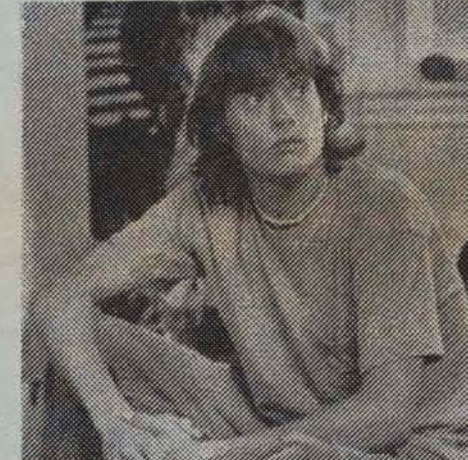
Silver screen



The Air Up There Kevin Bacon stars as Jimmy Dolan, a basketball coach who travels to Africa in search of a Saleh, a Northern Kenyan tribesman he's seen play on videotape. Before he'll play ball, Saleh wants to save his struggling tribe, which is being threatened by a neighboring tribe. Will Jimmy put his own ambitions on hold to help Saleh's tribe? Will there be a climactic basketball game? You guess.

Beethoven's 2nd Beethoven's back, but he's not alone! This time, that bucket full of drool finds love and becomes a family man. Returning cast members include Charles Grodin as George Newton, Beethoven's overly uptight master, and Bonnie Hunt as the harried wife.

The Beverly Hillsbillies Once again you can follow the antics of the Clampett family, who moved to Beverly Hills (way before the Walshes) after discovering "bubbling crude" on their property in the Appalachians. In this episode the family, who obviously still hasn't assimilated, tries to find a husband for hellcat Ely May and a bank employee tries to embezzle money from Jed. Stars Jim Varney (aka Ernest), Cloris Leachman, Erika Eleniak, Dabney Coleman and Lily Tomlin.



Dazed and Confused Richard Linklater's follow-up to his cult fave "Slackers" has been billed as a picture about teen angst. But it's not that, instead, it's a rock 'n' roll fantasy — a selective memory of how high school was at its goofy best. A big party with great music, no zits, no cliques, and enough beer and pot to make football actually seem fun. A freshman lad and lass even become the protégés of really cool seniors. The carefree karma is made plausible by having the entire film occur on the last day of school in 1976. It's an "American Graffiti" for the stoner age. All that's really missing is Led Zep on the soundtrack — and you can thank Robert Plant, who rejected Linklater's pleas, for that.

Grumpy Old Men Jack Lemmon and Walter Matthau play two elderly neighbors who vie for the attentions of an exotic woman (Ann-Margaret — exotic must have a new definition once you become a grumpy old man). Also stars Daryl Hannah. Directed by Donald Petrie ("Mystic Pizza").

House Party 3 This time out, Kid is getting married and Play plans the ultimate house party — a bachelor party.

Intersection Richard Gere stars as a man who's torn between his fabulous wife and his fabulous mistress. One day as his fabulous car skids into a crowded intersection, he is forced to face himself and the life he has created. Also stars Sharon Stone and Lolita Davidovich. Based on the French film "Les Choses de la Vie."

Iron Will Will Stoneman dreams of leaving his farm to attend college. When his father is killed, he puts his dogged driving abilities to use (do they teach this at the 4-H?), entering a race in the hopes of winning enough cash to pursue his dream and also take care of his family.

Mrs. Doubtfire Robin Williams stars as an out-of-work voice-over artist who loses custody of his children during a divorce. Hoping to ingratiate himself back into the family, he disguises himself as a kindly 65-year-old English housekeeper. Sally Field plays his estranged wife. Directed by Chris Columbus ("Home Alone" and "Home Alone 2").

The Pelican Brief Alan J. Pakula ("Presumed Innocent") directs a legal thriller based on John Grisham's best-seller. Julia Roberts returns to the big screen as Darby Shaw, a Tulane law student and author of a speculative brief concerning the assassinations of two Supreme Court Justices. When Darby narrowly escapes a car bomb, she contacts an investigative reporter (Denzel Washington). Together, they go underground on the run, trying to stay alive and expose the truth. Also stars Sam Shepard and John Heard.

Philadelphia Tom Hanks plays a hotshot gay lawyer working in the City of Brotherly Love. When he gets fired after his firm discovers he has AIDS, he sues with the help of a homophobic personal injury lawyer (Denzel Washington). Directed by Jonathan Demme.



The Piano A mute unmarried Scotswoman (Holly Hunter) travels deep into the New Zealand bush for an arranged marriage, bringing with her a young daughter and a piano. After her new husband (Sam Neill) refuses to transport the piano to her new home, she falls for another man — an illiterate tattooed settler (Harvey Keitel) who purchases the piano. The film, which was written and directed by Jane Campion ("Sweetie" and "An Angel at My Table") won the Palme d'or at Cannes.

The Remains of the Day A devoted butler (Anthony Hopkins) reflects on his 30 years of service to an English lord — service that required him to subjugate all his own desires, including his love for the head housekeeper (Emma Thompson). Another Merchant-Ivory ("Howards End," "Room with a View") production, this one based on Kazuo Ishiguro's Booker Prize-winning novel.

Ruby in Paradise A young woman escapes from backwoods Tennessee and ends up at Panama City Beach, the part of the Florida Panhandle dubbed the "Redneck Riviera." There she gets a job at a gift store, putting price labels on little dolls made of seashells, and tries to keep her soul intact. Stars Ashley Judd (daughter of Naomi, sister of Wynonna). Directed by Victor Nunez. Was Grand Prize Winner at the Sundance Film Festival.

Shadowlands Late in life, C.S. Lewis — Oxford don, Christian scholar and author of "The Chronicles of Narnia" — fell passionately in love with writer Joy Gresham, a Jewish-American divorcee who traveled to London to meet her idol. Their unlikely affair led to marriage, and then tragedy struck. Stars Anthony Hopkins and Debra Winger.



Schindler's List Steven Spielberg traces the World War II exploits of Oskar Schindler, a war profiteer and member of the Nazi party. Schindler initially seeks to exploit cheap Jewish labor in war-torn Poland and ends up saving over a thousand Jews from the death camps — all the while consorting (i.e., drinking and whoring) with the friendly neighborhood Nazi elite. Based on Thomas Keneally's novel of the same name. Filmed mostly in black and white.

Sister Act 2 The nuns leave the drab convent and head for St. Francis High. Their mission — to teach juvenile delinquents. Not getting anywhere with the kids, they put out a call for Vegas lounge singer and almost-nun Deloris Van Cartier (Whoopi Goldberg). Also stars Kathy Najimy.

Tombstone Kurt Russell stars as the reluctant lawman Wyatt Earp, who's compelled to strap on his gun after a gang of ruthless outlaws invade the booming gold mine town of Tombstone, Ariz., and try to murder his brothers, Morgan and Virgil (people always did like to pick on Virgil). The result was the shootout at the O.K. Corral. Also stars Val Kilmer, Robert Mitchum and Dana Delany.



Wayne's World 2 Mike Meyers and Dana Carvey reprise their roles as the two heavy metal teens who front a cable access TV show in Aurora, Ill. This time Wayne and Garth stage a Waynestock concert. Garth finally lands a babe and Cassandra (Tia Carrere) records with a smarmy record-industry weasel (Christopher Walken) — Wayne's rival. Directed by Surjiv ("Kids in the Hall"). Also stars Kim Basinger, Drew Barrymore and Charlton Heston.

what's where

Owing to scheduling changes after CBW goes to press, movie goers are advised to confirm times with theaters.

General Cinemas

Maine Mall
Maine Mall Road, S. Portland
774-1022
Dates effective Jan 21-27
*No first shows Mon-Thurs (Jan. 24-27)

Mrs. Doubtfire (PG-13)

1:30*, 4:15, 7, 9:35

The Pelican Brief (PG-13)

1*, 4, 7, 10

Beethoven's 2nd (PG)

12:30*, 2:30

Tombstone (R)

4:30, 7:10, 9:55

Shadowlands (PG)

1:40*, 4:35, 7:20, 10

The Air Up There (PG)

12:30*, 2:50, 5:15, 7:40, 10

Schindler's List (PG)

12:30*, 4:20, 8:15

Intersection (R)

12:45*, 3, 5:15, 7:30, 9:40

Hoys Clark's Pond

333 Clark's Rd., S. Portland
879-1511
Dates effective Jan 21-27
The Beverly Hillsbillies plays Sat only

The Piano (R)

12:50, 3:40, 6:50, 9:25

Wayne's World 2 (PG-13)

2, 4:30, 7:40, 9:50

Sister Act 2 (PG)

1:20, 4:10, 7

Grumpy Old Men (PG-13)

1:30, 4:20, 7:30, 9:40

Iron Will (PG)

1, 3:50, 7:20, 9:35

Philadelphia (PG-13)

12:40, 1:10, 3:30, 4, 6:45, 7:15, 9:20, 9:45

We're Back: A Dinosaur's Tale (G)

12

Remains of the Day (PG)

9:10

House Party 3 (R)

12:30, 3:20, 6:30, 9:15

The Beverly Hillsbillies (PG)

12

The Movies

10 Exchange St., Portland
772-9600

Matinees Sat & Sun

Dazed and Confused (R)

Jan 19-25

Mon-Fri 5, 7, 9; Sat-Sun 1, 3, 5, 7, 9

Ruby in Paradise (NR)

Jan 26-Feb 1

Mon-Fri 5, 7:15, 9:15, Sat-Sun 1, 3, 5, 7:15, 9:15

Nickelodeon

Temple and Middle streets, Portland
772-9751

As a result of Monday's holiday and the earthquake, the Nickelodeon was not able to provide a schedule by press time.

Art & Soul continued from page 15

Folk trouble in folk city

This is obviously a common argument for the freshly-turned-40 Eberhardt, one he has made frequently over the course of his music career, which began when he was eight years old. Raised in Philadelphia in a musical family, surrounded by good books, experiencing a tortuous adolescence (which he prefers not to go into, except to say that age is "not a good time for most boys") — sort of sounds like fodder for sensitive guy stuff, but Eberhardt isn't your typical sensitive folk guy. In fact, Eberhardt has quite a talent for getting into folk trouble, particularly with the politically correct crowd.

The term "folk trouble" was invented by singer/songwriter Bill Morrissey. "I had written a song that was kind of a joke," says Eberhardt, "but we have to be careful with PC fanatics, they'll find fault with anything you say — and it's funny, how we're the ones most criticized, and we're probably the most PC-type writers. They don't complain about rap music — even though rap artists will use the subject of raping women or be derogatory about parts of women's bodies — because they're a minority group. But if I say girlfriend on stage — instead of womanfriend or partner — I'll get booed. But Bill said to me, 'Cliff, if you play that song, you're going to get in folk trouble.'" To further clarify this term, Eberhardt offers, "Any song Randy Newman does is a folk trouble song." And the term took hold and has become a running joke between these musicians. In fact, a section of the Winter's Night concert is devoted to "folk trouble" songs.

Eberhardt attributes much of his folk trouble to the stereotypical folk image. "When I got into the business, I thought we were supposed to be the crazy ones, the one to experiment. Since when do we have to be teetotaling, totally monogamous, write-about-one-subject types? If you do that, you're losing any kind of creative pull. I'm not saying that we should be allowed to throw TV sets into swimming pools, but I think we should be allowed to be free thinkers or should be, if we want to be truly creative rather than walk that really stiff line [the audiences] set up."

Eberhardt finds this problem to occur mostly with folk audiences, which he admits is not necessarily his audience. "For example," he continues, "I was doing an intro in D.C. to 'I Thought That You Should Know,' which has a Mexican tune in it. I was talking about stopping off at Pedro's South of the Border — which I described as 'a place with 30 souvenir shops that sell Mexican shit.' The next thing I knew, all these people started screaming and booing — maybe because they thought I had insulted Mexico, or because I had said the word shit." And Eberhardt's reaction? He likes to give it back to his audiences. "I say whatever's on my mind and full speed ahead and to hell with them."

He frequently performs "Makin' Whoopee" as an encore. At one time, he introduced it as a song about a man screwing around on his wife (and, as you may guess, the crowds went wild). Now he describes it as a song about a guy who's "monogamously impaired" or "faithfully challenged." Eberhardt is not cowed by his detractors. Not even when a petition was passed around at Oberlin College to have him never play there again, after he had made, what was perceived to be, an off-color remark. He pauses and smirks, "That's folk trouble."

But the smirk quickly subsides. "People forget that what we feel in our hearts and our intent and what we show by our deeds are much more important than the phrases that we use... I think people have to wake up to the fact that those people who might act PC, might always say the correct thing, are probably using derogatory terms behind closed doors, anyway. Intent is the key."

Eberhardt admits that he frequently catches himself editing — not only in the polishing process — but as he creates. "And I get mad at myself. I say, better not go into that area, or that area. You really have to watch it." The matter of love, for instance — or love making to be specific — seems to be taboo. "But we do it! Obviously, a lot. The population's huge." He laughs. "But white folk musicians don't write about it. We're supposed to write about the economy, the environment,



Cheryl Wheeler, John Gorka, Patty Larkin and Cliff Eberhardt

heartbreak. You hear it in other types of music, but in folk you never hear — 'I want to' or 'This is how it feels' — and I think that's crazy."

Aside from socio-political concerns, his editing process is rigorous in terms of the songs themselves. "You have to be careful of your vocabulary," he says. "Words that you might use in everyday speech don't always work in songs. You have to keep it pretty simple." And perhaps it is just that simplicity that makes Eberhardt's lyrics so rich and compelling.

But Eberhardt makes a clear distinction between literature and lyric writing. "Lyrics are not poetry set to music — at least by my rules — I know many songwriters would disagree with that. The beautiful thing about writing lyrics and melody simultaneously is that they cause each other to move in different directions, cause more emotions to be spent. You can control where your listener crescendos [as opposed to reading]."

It is this attention to detail and the careful crafting of lyrics — not only for Eberhardt, but for the entire genre of singer/songwriters — that distinguishes their work from many pop artists. "People aren't exposed to good writing [in contemporary music]," says Eberhardt. "A lot of songwriting has been just putting lyrics to melodies... and although that's changing with this new wave of singer/songwriters, it's not what the mass public is exposed to. We have to fight to get into radio stations and into print. We are getting pushed further and further underground, particularly now that AAA radio — which was initially supposed to feature our kind of music — has turned over to the soft hits of number 1 sellers who are slipping. We're discriminated against. We're on smaller labels, and the bigger companies don't want us to make it because, combined, we [those on smaller labels] cut into their profits."

Eberhardt is also irritated by the competitive edge. "We have to deal with a lot of deterrents. The business is so competitive — not among the people I know, we're very supportive of each other — but most people don't ask if you're pleased with the songs you've written or if a show went well. These people — I call them 'gig resume' people — are only interested in who you've played with or how your sales are... and it drives me crazy. I don't want to talk about sales reports. [All of this] has nothing to do with what I did on my albums, nothing to do with the work I created."

"We as a society have been trained that success connotes good skills or talent," Eberhardt continues, "but that's not true. The more pecking order you get in creativity, the more creativity suffers. Most artists I know aren't tough enough to put up with all the crap and just bow out. And we're losing a lot of great songs in the process. These are the songs we'll never get to hear, songs that will be unwritten. And I've come close to quitting many, many times — mostly from that kind of pressure, not from the road, but from the negativity. I can't take it. I think this kind of creativity should be celebrated."

But he's also cautious of praise. "I think I'm good. I'm not a genius. Yes, you might have flashes of supreme creativity — [his song] 'My Father's Shoes,' [which has received a great deal of praise] for example. I write that one, and record companies want another." His response is, "I already wrote it — you get a song like that once in a lifetime. You say swami swami baloney. I am thankful for that moment. It was as though somebody else put that song in my head, and I was just there to push the pen. But that's not what creativity is about. It's about the work. And I think we have to go back to that." He thinks it's time to step away from the playlists and the press and the P or un-PC listeners and the competition and the labeling. "I think," concludes Eberhardt, "we have to go back to: This is my work. This is what I do. I hope you like it." CBW

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thursday 20



Dream weaver: Ever dream you were dating Cap'n Crunch (his moustache tickles, doesn't it?) or that you were playing the accordion, buck-naked, at your high school reunion (and nobody noticed?) or that you were driving through the Lincoln Tunnel on a giant hot dog (and couldn't quite figure out what it meant)?

If these night visions have troubled or perplexed you, you might want to attend the **DREAMS WORKSHOP**, sponsored by the Alex Tanous Foundation at the Portland Public Library, 5 Monument Square, at 6:30 p.m. (Either that, or you might want to lay off the sauerkraut and smoked mussel pizza before bedtime...) Admission is free; refreshments will be served. 773-8328.

friday 21

A river runs through it: If you've been wondering where to wear that tie-dyed parka you got for Christmas, you'll be pleased to know that **MAX CREEK** performs at the State Theatre, 609 Congress St., at 8 p.m.

This New England-based band has been around for about a billion years, according to one Deadhead-in-the-know we know (who felt inclined to describe the first time he saw the band... Dead-

heads sure do love to digress). This friend went on (at some length) to say that Max Creek is arguably the best Dead cover/influenced band, and that their original songs don't suck either. We're quite sure our friend had more to add, but we had to go. Tix: \$8. Doors open at 6 p.m. 773-5540.

saturday 22

A walk on the wild side: Are those cabin walls starting to close in on you already? Are you actually looking forward to "Full House" re-runs? Have you arranged your sock drawer in chromatic order... for the third time? Well, get yourself out of the house and take a **NATURE WALK** at the Maine Audubon Society's Gilsland Farm Environmental Center, 118 Route One, Falmouth, at 1 p.m.

The guided walk around Gilsland Farm, which is suitable for all ages, will provide an opportunity to examine the ways plants and animals survive the winter—without Videopoint and Domino's. Reservations are encouraged, but not required. \$4 (\$3/members). 781-2330.

sunday 23

Teeny-Bachers: The Portland-based **BAY CHAMBER TRIO** plays a concert of trio and solo selections by Bach, Beethoven, Brahms, Chopin, Dvorák and Paganini



See these thigh-masters on Jan. 28. photo/Michael O'Neill

at Corthell Hall on the Gorham campus of USM at 3 p.m.

The trio, which was formed by Thomas Wolf, director of Bay Chamber Concerts in Rockport, was the first chamber group outside of New York City to be invited to play in the Chamber Music Society of Lincoln Center's Young Musicians Concerts last April. The members are pianist Anastasia Antonacos (16), violinist Meagan McIntyre (15) and cellist Joel Noyes (14). Tix: \$8 (\$4 students and seniors). 829-3393.

monday 24

Harmonic convergence: The name **LOWEN & NAVARRO** may sound like a firm of personal injury lawyers, but these L.A.-based singer/songwriters will chase no ambulances when they perform at Raoul's, 865 Forest Ave., at 8:30 p.m.

This pair, who have penned songs for the Bangles, David Lee Roth, Dave Edmunds and Pat Benatar, have recently released their second album, "Broken

Moon" on Mercury Records' Parachute label. If you've been injured in a motorcycle accident, consult a lawyer. But if you want to hear some "distinctive vocal harmonies and acoustic-based arrangements," see these guys. Tix: \$5. 773-6886.

tuesday 25

Reza's edge: Portland resident Reza Jalali, a well-known **PROFONENT OF HUMAN**

RIGHTS, discusses the gains and losses in human rights, particularly in the Middle East, at the World Affairs Council (WAC) After Hours at St. Luke's Cathedral Parish Hall, 143 State St., at 5 p.m.

Jalali, director of Amnesty International, USA, was born in Kurdistan, Iran, and frequently speaks, writes and organizes efforts on behalf of the Kurds. His talk will also focus on how human rights influence the Clinton administration's foreign policy. Tix: \$5 (free for WAC members and students). 780-4551.

wednesday 26

Ruby toot toot: A young woman beats feet out of the hills of Tennessee and heads for Florida's sunny shores for sun, fun and romantic intrigue in Victor Nunez's film **"RUBY IN PARADISE,"** playing at The Movies, 10 Exchange St., at 5, 7:15 and 9:15 p.m.

Things, at the start, seem to be going Ruby's way. She lands a job in a gift shop, starts dating the owner's son and even begins to develop a taste for grouper. But as we know, boys and jobs can come and go—and our young heroine soon finds herself out on her keister. From there, she embarks on a spiritual journey that dazzles the critics ("It's a real beauty," said *Rolling Stone*). "Ruby" also won grand prize in 1993 at the Sundance Film Festival. 772-9600.

thursday 27

All that jazz: The **LINCOLN CENTER JAZZ ORCHESTRA** (LCJO) makes its only Maine appearance during its 1994 Winter Tour at Portland City Hall Auditorium, 33 Myrtle St., at 7:30 p.m.

The LCJO showcases some of the hottest contemporary players in jazz, including musical director and pianist Marcus



Let this jazz harpist string you along on Jan. 29. photo/Carol Weinberg

Roberts, Lew Soloff and Marcus Belgrave. The program features works by such jazz greats as Duke, Jelly Roll, Thelonious, Satchmo, The Bird, Dizzy and a raft of others. Says the redundant *New York Times*, "[The LCJO are] the right musicians playing the right music the right way." Right? Right. Tix: \$10-\$25. 772-8630 or 1-800-639-2707.

friday 28

Leaper colony: L/A Arts presents the modern dance company Pilobolus, who brings some of its newest dance and some of its funniest vaudeville routines to the Lewiston Junior High School auditorium, Central Avenue, at 8 p.m.

The troupe has been known to win over those who claim to have no interest in dance with their "works of illusion and **FANTASTIC FEATS OF STRENGTH**" (you'd need feats of strength to do all that leaping and boundin'...) and with pieces "that combine both the physical and the psychological." While this group is of international repute, it also likes to target smaller communities with its unique style of dance. "Our thrust is to get out there and show modern dance in

all kinds of communities," says Pilobolus Administrator Susan Ericson. Tix: \$12-\$14. 782-7228 or 1-800-639-2919.

saturday 29

Lyre, lyre, pants on fire: Deborah Henson-Conant, the world's **PREMIER JAZZ HARPIST**, smokes the house with her "hot and innovative" (says UPI) playing style and sharp wit at The Chocolate Church, 804 Washington St., Bath, at 7:30 p.m.

"This is a sissy instrument," said Henson-Conant of the harp when she first laid eyes on one at the age of 6. Things have changed since then; she plays fast jazz licks, strums the harp like a guitar, stands up and damps the strings with her leg for a funk bass feel—so if you think harpists only belong in heaven or in the Russian Tea Room, you ought to check this player out. A reception follows. Tix: \$20 (includes reception); \$15 adults, \$12 students and seniors (concert only)—and word has it, they go fast. 442-8455.

Submissions for Art & Soul must be received in writing on the Thursday prior to publication. Send your Calendar and Listings Information to Elizabeth Peavey, Casco Bay Weekly, 551A Congress St., Portland, ME 04101.

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Art & Soul continued from page 16

stage

"Ghost Stories" Troupe America Inc. and Quest Associates Inc. present an evening with six of Stephen King's tales of horror adapted by Robert Pridham. This evening of scary storytelling will enthrall kids and adults. Shows Jan 26 at 7:30 pm at the State Theater, 609 Congress St, Portland. Tix: \$10 & \$15. 879-1112.

"Madama Butterfly Symposium" Delves into the details of this timeless performance with the Portland Concert Association Jan 22 from 9:45 am-4 pm at the Corthell Concert Hall, 37 College Ave, Gorham. Tix: \$25, 772-8630.

Performance Poetry: An Evening with Craig Hickman Hickman, a choreographer and co-writer of "Through the Fire," a poignant reflection on being black and gay in America, performs Jan 27 at 7:30 pm at the Holiday Inn by the Bay, 88 Spring St, Portland. Accessible to the mobility-impaired. Free. 773-1209.

Pilobolus Dance Theater L/A Arts presents modern dance that astounds the eye! Shows Jan 28 at 8 pm at Lewiston Junior High School, Central Ave, Lewiston. Tix: \$12 & \$14. 782-7228 or 1-800-639-2919.

"Private Lives" Noel Coward's 1930s play, will be presented by Waynflete School students Jan 21 at 7:30 pm and Jan 22 at 2 pm in Waldron Auditorium, 320 Spring St, Portland. Admission is free but seating is limited. 772-6832.

"Romeo and Juliet" The Theater Project presents a contemporary adaptation of Shakespeare's timeless tale of star-crossed lovers, feuding families, and miscommunication Jan 27 Feb 13 — Thurs-Sat at 8 pm, Sun at 2 pm — at The Theater Project, 14 School St, Brunswick. Tix: \$12, students and seniors \$10. 729-8584.

"Sister, Can I Speak for You?" The University of Southern Maine hosts actress Melessa Avery of the African American Drama Company in a one-woman show depicting Harriet Tubman, Maya Angelou and other prominent African American women. Shows Jan 27 at 8 pm at the Brooks Student Center off College Street at USM, Gorham. Free. 780-5470.

"The Cowboy and the Tiger" Hank Beebe's musical for children plays at Dos Locos Mexican Restaurant, India and Fore streets, Portland. Shows Saturday afternoons through Jan 29 at 12:30 pm. Tix: \$4, free for children under 2, family maximum for tickets is \$16. 775-6267.

"The Glass Menagerie" The Public Theater presents Tennessee Williams' haunting play Jan 21-30 — Thurs-Sat at 8 pm, Sun at 2 pm — at the Public Theater, corner of Maple and Lisbon streets, Lewiston. Special student matinees will be performed Jan 25 & 26 at 10 am. Tix: \$10, \$8 for students and seniors. 782-3200.

"The Lion in Winter" The Portland Players present the story of King Henry of England, his plotting wife, and his three ambitious sons Jan 21-Feb 5 — Fri & Sat at 8 pm, Sun at 2:30 pm — at the Portland Players, 420 Cottage Road, S. Portland. Tix: \$13, \$10 opening night. 799-7337.

"Three Postcards" Three women, friends since childhood, relive their loves, losses, joys and sorrows over dinner in this musical performance written by Craig Lucas and Craig Carmella and performed by the Portland Stage Company through Jan 29 — Tues-Thurs at 7:30 pm; Fri at 8 pm; Sat at 5 & 9 pm; Sun at 2 pm — at the Portland Performing Arts Center, 25A Forest Ave, Portland. Tix: \$13-\$28. Rush seats may be available at half price immediately before each performance. 774-0465. Special performance Jan 23 at 7:15 pm benefits Day One for Youth and Families. Tix: \$25, 767-0991.

auditions

Community Orchestra of the Portland Symphony invites string players to its Wednesday evening rehearsals. Locations vary. 883-2460.

The Portland Players will hold auditions for their production of "Absurd Person Singular" Jan 22 at 10 am and Jan 23 & 24 at 7 pm at the Portland Players, 420 Cottage Road, S. Portland. 799-7337.

concerts

thursday 20

Louisiana Repertory Jazz Ensemble of New Orleans (Dixieland) 8:15 pm, Olin Arts Center Concert Hall, Bates College, Lewiston. Free. 786-6330.

friday 21

Max Creek (original music Grateful Dead style) 8 pm, State Theater, 609 Congress St, Portland. Tix: \$8. 879-1112.

saturday 22

Catie Curtis (vocal and acoustic guitar) 8 pm, USM Luther Bonney Auditorium, Bedford St, Portland. Tix: \$8 in advance or at the door with USM I.D. or NOW membership card, \$10 regular admission at the door. 780-4996.

Jackie McLean (jazz) 8:00 pm, Bates College Chapel, Lewiston. Tix: \$4-\$8. 786-6135.

sunday 23

Bay Chamber Trio (classical) 3 pm, USM's Corthell Hall, 37 College Ave, Gorham. Tix: \$8 adults, \$4 students and seniors. 829-3393.

Cliff Eberhardt, John Gorka, Patty Larkin and Cheryl Wheeler ("On a Winter's Night" — performance of original songs) 7:30 pm, First Parish Church, 425 Congress St, Portland. Tix: \$14 in advance, \$17 at the door. 354-8928.

upcoming

Lincoln Center Jazz Orchestra 1/27/94 (classic and contemporary jazz) 7:30 pm, Portland City Hall Auditorium, 30 Myrtle St, Portland. Tix: \$10-\$25. 772-8630 or 1-800-639-2707.

Meatloaf 1/27/94 (rock & roll) 7:30 pm, Cumberland County Civic Center, Spring St, Portland. Tix: \$21.50 & \$27.50. 775-3458.

Koko Taylor and Ronnie Earl 1/28/94 (blues) 9:30 pm, State Theater, 609 Congress St, Portland. Tix: \$12 & \$15. 879-1112.

Cavani String Quartet 1/29/94 (classical) 8 pm, Olin Arts Center Concert Hall, Bates College, Lewiston. Tix: \$4-\$8. 786-6135.

Deborah Hanson-Conant 1/29/94 (jazz harp music) 7:30 pm, Chocolate Church Arts Center, 804 Washington St, Bath. Tix: \$15 adults, \$12 students and seniors. 442-8455.

Portland Symphony Orchestra featuring Henry Peyrebrune 1/30/94 (classical) 2 and 6 pm, Eastland Ballroom, Sonesta Hotel, 157 High St, Portland. Tix: \$22, discounts for students and seniors. 773-8191 or 1-800-639-2309.

clubs

thursday 20

Blue Zone (blues/R&B) The Big Easy, 416 Fore St, Portland. 780-1207.

Anni Clark (traditional) Brian Boru, 57 Center St, Portland. 780-1506.

Portland's Funniest Professional Contest The Comedy Connection, 434 Fore St, Portland. 774-5554.

Pal (acoustic genius) Geno's, 13 Brown St, Portland. 772-7891.

TBA Moose Alley, 46 Market St, Portland. 774-5246.

The Bob Jr Project (rock) Old Port Tavern, 11 Moulton St, Portland. 774-0444.

Radio Kings (R&B) Raoul's Roadside Attraction, 865 Forest Ave, Portland. 773-6886.

Rockin' Rusty (karaoke) Spring Point Café, 175 Pickett St, S. Portland. 767-4627.

Brian Johnson (acoustic) Steamers at Jordan's Restaurant, 700 Main St, S. Portland. 780-8434.

Destroyer (rock) T-Birds, 126 N. Boyd St, Portland. 773-8040.

Greg Powers (laser karaoke) Tipperary Pub, Sheraton Tara Hotel, S. Portland. 775-6161.

Deejay Bob Look (heavy dance/live karaoke in front room) The Underground, 3 Spring St., Portland. 773-3315.

Open Mic with Ken Grimalley (acoustic rock) The Wrong Brothers' Pub at Port Billiards, 39 Forest Ave, Portland. 775-1944.

friday 21

Taras' Minstrels (traditional Irish) Brian Boru, 57 Center St, Portland. 780-1506.

Mark Miller Blues Band (R&B/blues) The Big Easy, 416 Fore St, Portland. 780-1207.

Lisa Gallant (acoustic) Bramhall Pub, 769 Congress St, Portland. 773-9873.

Vinnie Favotto, David Schwann and Tony Moschetto (comedy) The Comedy Connection, 434 Fore St., Portland. 774-5554.

The Upstetters (R&B) Dos Locos Restaurant, 31 India St, Portland. 775-6267.

The Orton Ensemble (acoustic jazz) The Free Street Taverna, 128 Free St, Portland. 774-1114.

Forté (avant-garde rock) Geno's, 13 Brown St, Portland. 772-7891.

Chuck (funk/hip-hop) Granny Killam's Industrial Drinkhouse, 55 Market St, Portland. 761-2787.

The Funk Junkies (rock) Leo's Billiards, corner of Exchange and Fore streets, Portland. 780-1111.

Elderberry Jam (rock) Moose Alley, 46 Market St, Portland. 774-5246.

The Bob Jr Project (rock) Old Port Tavern, 11 Moulton St, Portland. 774-0444.

Papa Loves Mumbo (rock/R&B) Raoul's Roadside Attraction, 865 Forest Ave, Portland. 773-6886.

Skeleton Crew (acoustic rock/Dead) Shamrock, 436 Fore St, Portland. 780-1111.

The Kind (rock) Spring Point Café, 175 Pickett St, S. Portland. 767-4627.

Straight Up (pop) Steamers at Jordan's Restaurant, 700 Main St, S. Portland. 780-8434.

Steve Howell & the Wolves (rock) T-Birds, 126 N. Boyd St, Portland. 773-8040.

Ric & Katie (acoustic) Tipperary Pub, Sheraton Tara Hotel, S. Portland. 775-6161.

Art & Soul continued on page 23



Having a blast with puppets.

photo/Tonee Harbert

The secret lives of puppets

John Farrell gives a behind-the-scenes look at the Children's Museum of Maine

■ By Suzy Fried

From a distorted human silhouette cast against a curtain, to a grass-maned mask personifying the wind, to authentically costumed, doll-like Japanese and Eskimo figures the size of children, the realm of puppets extends far beyond Kermit and Lamb Chop, as John Farrell demonstrates this month at the Children's Museum of Maine.

On the museum's first level, in a temporary "workshop," Farrell is building puppets for an upcoming production of Hans Christian Andersen's "The

art

John Farrell will be at work in his puppet studio and performing "What's So Special About Puppets?" through Jan. 30 (see Family for details) at the Children's Museum of Maine, 142 Free St. 828-1234.

Farrell and his wife, Carol Llewellyn, are co-directors of the Freeport-based Figures of Speech Theater. Founded 12 years ago, the company combines Farrell's experience as a poet and sculptor and Llewellyn's background in dance, theater design and acting. The couple studied puppet theater in France, spending their spare time combing French junkyards for puppet parts.

This month's puppeteering program at the museum has been designed to blend teaching and performance and "really represents where the Children's Museum wants to go," says Director of Education Jacqueline Potter. By bringing Maine artists into the museum, she hopes to promote creativity and an interdisciplinary approach to teaching children about their world. "We wanted to say here that we were going to put the arts first," she says. Performance is an important part of learning too, according to Potter. "You have to lose yourself to find yourself. We want children and adults here to experience that."

At a recent Sunday afternoon performance of "What's So Special About Puppets?" toddlers, older children and resigned adult chaperones filled the theater as Farrell's backlit shadow spread across an old sail, which serves as a scrim. He easily won the room's attention, jaded adults included, by demonstrating how shadows can be used as puppets with a vivid "lizard-eating" routine.

"Is there a difference between the person who makes the shadow and the shadow made by the person?" Farrell asks the audience. He is constantly

exploring the "different realms of reality and experience you can juxtapose on stage. Puppets are so powerful metaphorically."

Recalling his own childhood fear of puppets — what he can describe now as the unsettling dichotomy of something that is living and not living at the same time — Farrell has designed his performance at the museum to appeal to toddlers, as well as older children. His own 2-year-old daughter, too young to be bothered by dichotomies, is

"fearless" when it comes to puppets, he says. She simply accepts them as other members of the household.

During the performance, Farrell describes the different kinds of puppets — ranging from well-known hand puppets to lanky, loose-jointed traditional French tige puppets, to exquisite figures modeled

after Japanese Bunraku puppet theater, to a whistling, glamorized-stickshift-cover-with-the-flashbulb-eyeball puppet. He introduces them in short segments from Figures of Speech's past performances. Many of the stories are folk tales from other countries — stories of transformations, some dangerous, which he illustrates with puppets and masks.

Farrell's light touch with the darker atmospheric elements keeps his audience interested without emotionally scarring them. Even a malevolent orange, yellow and black snake puppet, which he wears over both arms like sleeves, didn't seem to disturb anyone in the audience, although the story of the snake's marriage proposal to a young girl did elicit a "Yuck!" from the front row.

Anyone who has made a sock or oven mitt talk knows Farrell is right when he says, "You can take pretty much anything and make it into a puppet. The trick is to find the spirit. The three basic principles of keeping a puppet alive on stage are focus, movement and sound."

"Puppets communicate very well without using words, and that's one of the things we like best about doing puppet theater," Farrell explains. The performance transports not only the audience, but the performers. "Working the more lifelike [puppets] commands so much focus and concentration, you really leave yourself behind for the character to live, yet you feel more like yourself than you ever do in real life. Every performance teaches you something new." CW

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Art & Soul continued from page 20

clubs

Deejay Tim Shaney (techno/tribal/trance) The Underground, 3 Spring St., Portland, 773-3315.

Styffied (originals/hard rock) The Wrong Brothers' Pub at Port Billiards, 39 Forest Ave., Portland, 775-1944.

All Ages Vertigo (alternative dance) Zootz, 31 Forest Ave., Portland, 773-8187.

saturday 22

Mark Miller Blues Band (R&B/blues) The Big Easy, 416 Fore St., Portland, 780-1207.

Maiken Boys (traditional Irish) Brian Boru, 57 Center St., Portland, 780-1506.

Vinnie Favorito, David Schwenk and Tony Moschetto (comedy) The Comedy Connection, 434 Fore St., Portland, 774-5554.

The Upsetters (R&B) Dos Locos Restaurant, 31 India St., Portland, 775-6267.

The Orion Ensemble (acoustic jazz) The Free Street Taverna, 128 Free St., Portland, 774-1114.

Diesel Dope (bootleg rock) Geno's, 13 Brown St., Portland, 772-7891.

Between Dreams (Granny Killam's Industrial Drinkhouse, 55 Market St., Portland, 761-2787).

Petting Zoo (rock) Leo's Billiards, corner of Exchange and Fore streets, Portland, 780-1111.

Elderberry Jam (rock) Moose Alley, 46 Market St., Portland, 774-5554.

The Bob Jr Project (rock) Old Port Tavern, 11 Moulton St., Portland, 774-0444.

Lyn Essex Band (R&B) Raoul's Roadside Attraction, 865 Forest Ave., Portland, 773-6886.

Skeleton Crew (acoustic rock/Dead) Shamrock, 436 Fore St., Portland, 780-1111.

The Kind (rock) Spring Point Café, 175 Pickett St., Portland, 767-4627.

Straight Up (pop) Steamers at Jordan's Restaurant, 700 Main St., S. Portland, 780-8434.

Soul Kiss (rock) T-Birds, 126 N. Boyd St., Portland, 773-8040.

Straight Lace (pop dance) Tipperary Pub, Sheraton Tara Hotel, S. Portland, 775-6161.

Deejay Tim Shaney (techno/tribal/trance) The Underground, 3 Spring St., Portland, 773-3315.

Styffied (originals/hard rock) The Wrong Brothers' Pub at Port Billiards, 39 Forest Ave., Portland, 775-1944.

The Toaster, Rusted Overtones and Hollywood Squares (skafest) Zootz, 31 Forest Ave., Portland, 773-8187.

sunday 23

TBA The Big Easy, 416 Fore St., Portland, 780-1207.

Chris Moore & John McGinn (acoustic) Gritty McDuff's, 396 Fore St., Portland, 772-2739.

Barry Kingston (acoustic) Old Port Tavern, 11 Moulton St., Portland, 774-0444.

National Headliner Comedy with Robbie Printz, Al Ducharme and Bob Marley T-Birds, 126 N. Boyd St., Portland, 773-8040.

Deejay Andy (heavy dance) The Underground, 3 Spring St., Portland, 773-3315.

Jim Duffy (acoustic) Wharf's End, 52 Wharf St., Portland, 773-0093.

Deejay Bob Look (request night/no cover) Zootz, 31 Forest Ave., Portland, 773-8187.

monday 24

Laser Karaoke The Big Easy, 416 Fore St., Portland, 780-1207.

Barry Kingston (acoustic) Old Port Tavern, 11 Moulton St., Portland, 774-0444.

Lowan & Navarre and Billy Falcon (acoustic folk) Raoul's Roadside Attraction, 865 Forest Ave., Portland, 773-6886.

Open Mic with Ken Grimaley (acoustic) Wharf's End, 52 Wharf St., Portland, 773-0093.

tuesday 25

Open Jazz Jam Bebo's Café, 548 Congress St., Portland, 828-6551.

Open Blues Jam (b.o. — drum set available) The Big Easy, 416 Fore St., Portland, 780-1207.

State Street Traditional Jazz Band (New Orleans jazz) Parker's Restaurant, 1339 Washington Ave., Portland, 878-3339.

Tuscaloosa (musical comedy) Dos Locos Restaurant, 31 India St., Portland, 775-6267.

Jeff Aumeuilla Quartet Gritty McDuff's, 396 Fore St., Portland, 774-0444.

Mark Miller Blues Band Old Port Tavern, 11 Moulton St., Portland, 774-0444.

Writers' Open Mic with Ann Clark and Will Turner (any originals) Raoul's Roadside Attraction, 865 Forest Ave., Portland, 773-6886.

Open Mic with Peter Gleason (b.o. jam) Spring Point Café, 175 Pickett St., S. Portland, 767-4627.

Solstice (acoustic & electric) Wharf's End, 52 Wharf St., Portland, 773-0093.

wednesday 26

The Red Light Revue (R&B/blues/soul) The Big Easy, 416 Fore St., Portland, 780-1207.

Musicians Nite Out (drink specials for musicians) Geno's, 13 Brown St., Portland, 772-7891.

Bachelors' Night (topless) Moose Alley, 46 Market St., Portland, 774-5246.

Mark Miller Blues Band Old Port Tavern, 11 Moulton St., Portland, 774-0444.

Irish Night with Mic O'Brien (Irish folk) Shamrock, 436 Fore St., Portland, 780-1111.

Dominic Fig (comedy) Steamers at Jordan's Restaurant, 700 Main St., S. Portland, 780-8434.

Rock Night with Damien and Graffix (the Willie Nelson of hard rock) T-Birds, 126 N. Boyd St., Portland, 773-8040.

Exotic dancers and dancing The Underground, 3 Spring St., Portland, 773-3315.

Electric Open Mic with "Til It's Bone" (b.o. jam) The Wrong Brothers' Pub at Port Billiards, 39 Forest Ave., Portland, 775-1944.

Zootz Pirate Radio Night (alternative dance) Zootz, 31 Forest Ave., Portland, 773-8187.

dancing

Gotta Dance, Inc., 657 Congress St., Portland. Smoke-and-chem-free dances with swing, Latin & ballroom music Fridays from 9-12 pm. \$5. Free parking. 773-3558.

Maine Ballroom, 614 Congress St., Portland. Every Sat 9-midnight. Cost: \$5. No reservations required. 773-0002.

The Moon, 427 Fore St., Portland. Open nightly, 8 pm on... Naked Thursdays: no cover, drinks \$1.25 & drafts 25¢. 772-1983.

Salutes, 20 Milk St., Portland. Open nightly until 1 a.m. No cover. 774-4200.

T-Bird's, 126 N. Boyd St., Portland. Sun: comedy night; weekdays: special events; Fri & Sat: rock & roll, dance. 773-8040.

The Underground, 3 Spring St., Portland. Open nightly until 1 a.m. Thurs-Sun: heavy dance (no cover) on Thurs, Fri and Sun; Thurs & Sun laser karaoke; Fri & Tues piano bar. 773-3315.

Zootz, 31 Forest Ave., Portland. Techno, rave, trance and progressive open house with Deejay Dale Charles on Thursdays. Request night (no cover) with Deejay Bob Look on Sundays. 773-8187.

art

openings

The Baxter Gallery Maine College of Art, 619 Congress St., Portland. Opening reception Jan 27 from 5-7 pm for annual faculty exhibition, shows through Feb 25. Hours: Tues-Sun 11-4, Thurs until 9. Free to the public. 775-5152.

Chamber of Commerce of the Greater Portland Region 145 Middle St., Portland. Opening reception for exhibition of works by Maine College of Art students Jan 20 from 5-7 pm. Shows through Feb 18. Hours: Mon-Fri 9-5. Free admission. 772-2811.

June Fitzpatrick Gallery 112 High St., Portland. Reception Jan 29 from 4-6 pm for weekend exhibit of and about works from the Watershed Center for Ceramic Arts AIDS workshop, shows Jan 29 from 10-6 & Jan 30 from 12-5. "Drawn from the Wrong Side of the Brain," an exhibit of watercolors by Antoinette Browning Jackman shows through Jan 27. Regular gallery hours: Tues-Sat 12-5, Thurs 12-8. 772-1961.

University of Southern Maine Art Gallery USM/ Gorham. Opening reception Jan 27 from 4-6 pm for "Artists Choose Artists." Shows through Feb 17. Gallery hours: Sun-Thurs 12-4. 780-5409.

around town

African Imports and New England Arts 1 Union St., Portland. "Recent Acquisitions/New Dimensions," traditional African arts, works by modern artists from Nigeria and New England and rare carvings. Hours: 10-9 Mon-Sat, 12-6 Sun. 772-9505.

AREA Gallery Campus Center, USM/Bedford St., Portland. "Two views of the Self: Paintings by Ruth Frisch Dealy and Anne Harris" shows through March 4. Gallery hours: Mon-Fri 7-10, Sat-Sun 10-7. 780-4090.

The Art Gallery at Six Deering Street 6 Deering St., Portland. Closed until February. 772-9605.

Biddeford Art Gallery 116 Main St., Biddeford, 1994 Members Winter Exhibition shows until further notice. Hours: Tues & Wed days and evenings, Thurs days, other times by appointment. 284-0963.

Chocolate Church Arts Center 804 Washington St., Bath. Juried exhibit of color and black and white photographs shows through January. 442-8627.

Christine's Dream 41 Middle St., Portland. New work by painter Andy Curran, paintings by Jody Dube, photographs by Jerilyn Caruso. Shows until further notice. Hours: Mon-Fri 7-10, Sat-Sun 9-2. 774-2972.

Dos Locos 31 India St., Portland. "Images of Mexico," photographs by George Riley. Hours: Sun-Thurs 11-10, Fri-Sat 11-midnight. 775-6267.

Art & Soul continued on page 24

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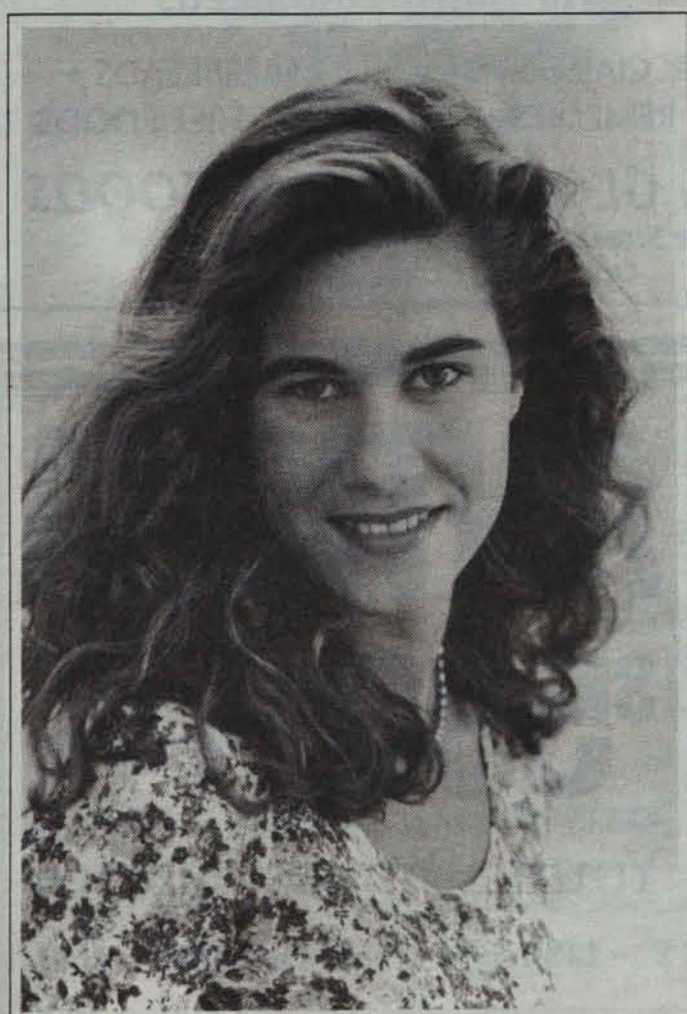
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Art & Soul continued from page 23

art

Exchange Street Gallery 7 Exchange St., Portland. "Skiing at Deering Oaks," a watercolor print by John Holub is the third in a series of Portland night scenes highlighted at the gallery through January. Miniature images of Old Orchard Beach by R. N. Cohen show until further notice. Gallery hours: 10-6 daily. 772-0633.

Frost Gully Gallery 411 Congress St., Portland. Group show of gallery artists. Hours: Mon-Sat 12-7, or by appointment. 773-2555.

Greenhut Galleries 146 Middle St., Portland. Collection of gallery artists including Kathleen Galligan, George Lloyd, Margaret Gerding, Alison Goodwin, Peyton Higginson, Sarah Knack, and many others shows through January 30. Gallery hours: Mon-Fri 10-5:30, Sat 10-5. 772-2693.

Jewellers Work 30 Exchange St., third floor, Portland. Cooperative showroom of original, contemporary jewelry designs by nationally exhibited artists. Hours: 10-6 daily. 773-6924.

Jewell Gallery 345 Fore St., Portland. Works by gallery artists, including Bill Jewell and Cynthia McMullin currently show. Gallery hours: Mon-Sat 10-5, or by appointment. 773-3334.

Just ME Gift Shop 490 Congress St., Portland. Oil paintings by Al Waterman and watercolors by Frieda Lundberg show through February. Hours: Mon-Fri 10-5, Sat 10-4:30. 775-4860.

Katadhin Restaurant 106 High St., Portland. Acrylic relief paintings on canvas by David Cedrone currently show. Hours: Mon-Thurs 5-10, Fri-Sat 5-11. 774-1740.

Lewis Gallery Portland Public Library, 5 Monument Square, Portland. "Whimsical Memories," pen and ink and acrylic works that will appeal to children of all ages by artist Sylvia G. Orchard shows through Jan 31. Hours: Mon, Wed, Fri 9-6; Tues & Thurs 12-9; Sat 9-5. 871-1758.

Magic Muffin Restaurant Corner of Oak and Congress streets, Portland. "Selected Collages 1992-1993" by William Longacre. Shows through mid-February. Hours: Mon-Sat 6-3; Sun 7-3. 773-6957.

Maine History Gallery 489 Congress St., Portland. "Urban Evolution: Maine's Downtowns in Transition" and "Flora, Fauna and Stuffed Birds: A Look Back at the Portland Society of Natural History" show through March 5. Hours: Wed-Sat 12-4. 879-0427.

Nancy Margolis Gallery shows through Jan 31, including colorful jewelry by Kim Ellwood, Mike Abbott and Anne Finlay; fabric works by Harriet Wallace, Emma Sewell, Victoria Richards and Susie Freeman; and recycled aluminum sculpture by Lucy Casson. Gallery hours: Mon-Sat 10-9, Sun 11-6. 775-3822.

Meander Gallery 40 Pleasant St., Portland. "The Spirit of Earth: Aboriginal paintings from Australia" shows through March 31. Gallery hours: Tues-Sat 12-6, or by appointment. 871-1078.

Naturally Maine 51 1/2 Moulton St., Portland. Watercolors by William Denicco, earth visions by Andrew Ruel, photos by Christine Gallant and watercolor prints by John Dimillo. Hours: Sun-Thurs 10-6, Fri-Sat 10-9. 774-0808.

The New Art Gallery 121 Center St., Portland. "Casco Bay Revisited," paintings by Gomez Ricker. Ongoing. Hours: 11-10 daily. 874-2844.

Paula Paulette-Contemporary 3 Milk St., Portland. "Prints from the Vinalhaven Press" shows through Feb 28. Gallery hours: Tues-Sat 10-6. 879-0919.

Photography Co-op 5474 Congress St., Portland. "Familiar Photos," new work by Jay York currently show. Hours: Tues & Thurs 12-7, Sat 12-5, or by appointment. 761-2113 or 773-8830.

The Photo Gallery Maine College of Art, 619 Congress St., Portland. "Mermaids and Aquanauts: Recent Photographs by Karen Glaser of Mermaids and Swimmers," shows through Feb 18. Gallery hours: Mon-Fri 9-5. Admission is free. 775-5154.

PineTree Shop and Bayview Gallery 75 Market St., Portland. "Best in Print," a collection of our most popular prints of 1993 through January. Gallery hours: Mon-Sat 9:30-5:30. 773-3007.

Portland Museum of Art Seven Congress Square, Portland. Hours: Wed-Fri 10-4, Sat 10-5, Sun 12-5. Admission: adults \$4, senior citizens and students with ID \$3, youth 6-18 \$1, children 6 and under are free. Museum admission is free 10-noon the first Saturday of the month and 4-8 on the first Thursday of the month. 773-2787.

The Scott M. Black Collection A sampling from Scott Black's 19th- and 20th-century paintings and sculptures, including works by Chagall and Toulouse-Lautrec. Ongoing.

From Courbet to Motherwell: 19th- and 20th-Century European and American Art Paintings, sculptures and works on paper by Monet, Renoir, Picasso, Matisse and other masters of the past two centuries. Ongoing.

Makers '93: A Biennial Exhibition of Maine Crafts A juried exhibition of artwork, ceramics, wood, working, quilts and woven objects by members of the Maine Crafts Association. Shows through Jan 30. "Meet the Makers" Jan 21 at 12:30 pm; Jan 22 at 2 pm; Jan 28 at 12:30 pm; and Jan 29 at 2 pm in the museum board room for informal discussions about craft. Paid museum admission required.

Perspectives: Brett Bigbee: Paintings and Drawings 1989-1993 Paintings and drawings by Portland resident Brett Bigbee show through Feb 13.

Paul Strand: Selected Photographs Twenty photographs created by renowned American photographer Paul Strand from 1916-1963 recording his travels in Europe, Africa and the Near East, as well as landscape images from Maine and upstate New York. Shows through March 13.

Vincent's Journey A porcelain life mask sculpture by Paul Rodrigue commemorating the struggles of people living with AIDS. Ongoing.

With Piercing Eye: The Work of Waldo Peirce Oil paintings and watercolors illustrating Peirce's great love of family and the state of Maine. Collection includes envelopes personalized with outlandish caricatures and whimsically illustrated children's books. Shows through Jan 21.

Portland Performing Arts Center 254 Forest Ave., Portland. Oil paintings by Janet Conlon Manyan show in the theater's second-floor lobby on view to the public following the stage company's Sunday matinee performance of "Three Postcards" Jan 23. Admission to the gallery is free. 774-1043.

Renaissance Antiques and Fine Art 37 Wharf St., Portland. Nineteenth-century paintings, marine antiques, 18th- and 19th-century Oriental furnishings, sterling silver and paintings by Terry Wolf and John Dehlinger. 879-0789.

The Stein Gallery 20 Milk St., Portland. Works by 65 nationally recognized and emerging contemporary American studio glass artists including Peter Andres, Rick Eckerd, Melanie Guernsey, Robert Mickelsen, Thomas Scoon, Robert Willson and Leah Wingfield. Gallery hours: Mon-Sat 11-6, Sun 11-5. 772-9072.

Stillwood Books 19 Pleasant St., Portland. Polaroid photographs by Tom Marino currently show. Hours: Mon-Sat 10-6. 871-0480.

Thomas Memorial Library 6 Scott Dyer Rd., Cape Elizabeth. Paintings and pastels by Samrith Chap through Jan 22. Hours: Mon, Wed, Fri & Sat 9-5; Tues & Thurs 9-9. 799-1720.

out of town

Bowdoin College Museum of Art Walker Art Building, Bowdoin College, Brunswick. "At Home: Insights," an exhibition of photographs from the museum's permanent collection shows through Feb 13 in the John H. and Helen P. Becker Gallery. This show features works by Berenice Abbott, Manuel Alvarez Bravo, Harry Callahan, Walker Evans, Emmet Gowen and Abelardo Morell. The museum is open to the public free of charge. Hours: Tues-Sat 10-5, Sun 2-5. 725-3275.

The Legacy of James Bowdoin III An exhibit of James Bowdoin's 1811 bequest of paintings, drawings, books and mineralogical specimens show through June 26.

Crosscurrents Works originating from Africa, Asia, the ancient Greek world and the Americas that represent the cultural diversity of the museum's collection show through June 25.

Icon Contemporary Art 19 Mason St., Brunswick. Gallery artists' work shows through Jan 31. Show of recent works by Duane Paluska opens Feb 1. Hours: Mon-Fri 1-5, Sat 1-4. 725-8157 or 882-5037.

Maine Maritime Museum Maritime History Bldg., 243 Washington St., Bath. Gallery hours: daily 9:30-5. Admission: \$6. 443-1316.

Shipwreck! Oil and watercolor paintings and photographs review the perils of the sea in the days before modern radio communication. On view through January 1994.

Olin Arts Center Museum of Art, Bates College, Lewiston. "Black Dolls, Memorabilia and Children's Literature," an exhibition focusing on the image of the black child as portrayed in 19th- and 20th-century books and artifacts, including hand-crafted folk dolls, and porcelain likenesses of famous African Americans. Shows through March 20. Museum hours: 10-5 Tues-Sat, 1-5 Sun. Free admission. 786-6158.

One Earth Imports 140 Main St., Freeport. "Born of Dreams and Whimsy," works by the master carvers of the Oaxaca Valley. Shows until further notice. Hours: Mon-Thurs 9:30-6, Fri-Sat 9:30-8, Sun 11-6. 865-3255.

Pepesacot Museum 159 Park Row, Brunswick. "Worth a Thousand Words: Contemporary Images of Joshua L. Chamberlain," shows through 1994. Lithographs, oil paintings and sculpture produced since 1982 portray the Civil War veteran and former president of Bowdoin College. Hours: Mon-Fri 9-4:30, the first Sat of each month 1-4. Admission is free. 729-6606.

Praxis 184 Lower Main St., Freeport. Handwoven wool works in muted to vibrant colors by Susan Blaisdell show through January. Hours: Mon-Sun 10-6. 865-6201.

Sabbathday Lake Shaker Museum Route 26, New Gloucester. An exhibit of Shaker furniture is currently featured. Hours: Mon-Sat 10-4:30. 926-4597.

other

Art in the Afternoon Those age 55 and over are invited to work with artist Marguerite Lawler in the Portland Museum of Art galleries and classroom studio on Friday afternoons to learn the basics of drawing. Spaces fill quickly, so register early. Cost: \$30 for museum members, \$36 for nonmembers. Seven Congress Square, Portland. 775-6148.

Art Directors Club Seminar on the "Power to Create," a program devoted to exploring your creativity, takes place Jan 25 at 6 pm at the Portland High School auditorium, 284 Cumberland Ave., Portland. Cost: free to members of the Art Directors Club, \$5 for nonmembers. 780-1225.

Benefit Print Sale The Maine Children's Cancer Program is selling limited edition prints of "Reflections," Portland, Maine, by local watercolorist David W. Clough. Proceeds from the sale of the first 300 prints (in a 500-piece run) will be donated to the program. Prints are available at the program offices in Shop 'n Save Plaza, 295 Forest Ave., Portland: 775-5481.

Bookbinding Susan Holland offers weekend workshops and individual instruction in the craft of bookbinding and box making at the Holland Bindery, 20 Danforth St., Studio #201, Portland. Cost: \$50. 874-0909.

Creative Arts Program Portland Recreation offers classes in drawing and painting for senior adults Tues and Fri from 9:30 am-12:30 pm at Northfield Green Community Room, 147 Allen Ave., Portland. 874-8793.

Donations Requested Greater Portland Landmarks needs you to scour your attics and basements for architectural bits and pieces for a fundraiser auction and garage sale April 29 & 30. Requested items include knobs, latches, door knockers, sinks, tubs, toilets, faucets, woodwork, stoves, ceramic tiles, furniture, windows, doors, arbors, slate shingles, books, tools and any other items that may be of value to someone working with an older home. 774-6680.

Exhibitors Sought for the Art Directors Club's 11th annual Advertising & Graphic Arts Trade Show May 3 from 3-8 pm at the Holiday Inn by the Bay. 780-1225.

Learn to Use Your Camera L. Murray Jamison offers basic technical and aesthetic instruction to improve your skill as a photographer. Small classes and weekend workshops. Individually tailored. 873-8244.

Open Slide Night The Union of Maine Visual Artists (UMVA) invites artists, craftpeople and anyone interested in the UMVA to attend an open slide night the second Friday of each month at 7:30 pm at Jay York Affordable Photo, 58 Wilnot St., Portland. Artists are encouraged to bring slides for discussion/feedback. 773-3434.

Outdoor Painting Class Freeport Art Club's resident artist Eric Glass offers outdoor painting classes for beginners using any medium. Cost: \$30. \$25 members. 865-3024.

Papermaking and Marbling Workshops with Richard Lee at 76 Maine St., Brunswick. 721-0678.

Portland Camera Club meets Mon at 7:30 pm at the American Legion Hall, 413 Broadway, S. Portland. Monthly events include B&W, color print and color slide competition.

Portland Chamber of Commerce is looking for Maine artists to share their work. 772-2811, ext. 223.

sense

"Consumption, Population and the Environment" is the topic of discussion at a public meeting sponsored by the Sierra Club's Maine Chapter Jan 25 at 7:30 pm in the Casco Bay Ferry Terminal Conference Room, Commercial St., Portland. 761-5616.

Dream Journal Workshop with Alfred DePew for those interested in exploring different ways of understanding dream work in a journal. Meets every other Monday from 6:30-8:30 pm Jan 31-April 1. Cost: \$100 for six sessions. Limited space, call for location and to pre-register. 775-3708.

Fiction Workshop Kristina Neihouse offers an ongoing weekly writing workshop concerning anything from sudden to short fiction, starting out or works in progress. Cost: \$10 per session. 874-2949.

Getting Started with Fiction with Elizabeth Cooke takes place Jan 29 from 10 am-3 pm at the Maine Writers Center, 12 Pleasant St., Brunswick. This workshop is for beginning or returning writers and addresses questions such as, "Where do I begin? How do I find my story and my characters? How do I create tension in the story?" All ages welcome. Bring writing materials. Cost: \$35 members, \$45 nonmembers. Limited to 15 participants, call for reservations. 729-6333.

Journal Class with Alfred DePew Jan 22 from 11 am-4 pm at the Maine Writers Center, 12 Pleasant St., Brunswick. Cost: \$35 members, \$45 nonmembers. Limited enrollment. 729-6333.

World Affairs Council After Hours Discussion Jan 25 at 5 pm features Reza Jalali, director of Amnesty International USA, on the subject of gains and losses in human rights, particularly in the Middle East, and how human rights influence the Clinton Administration's foreign policy. St. Luke's Cathedral Parish Hall, 143 State St., Portland. Admission: Free to World Affairs Council members, \$5 to the general public. 780-4551.

Writing Workshop with Alfred DePew. Those interested in exploring new material, new ideas and fresh approaches to short fiction, essays and poems are invited to attend Thursday evenings from 6:30-8:30 pm Jan 20-March 3. Cost: \$100 for seven sessions. Call for more information 775-3708.



wellness

Bringing the Mind Home is an introductory meditation series based on "The Tibetan Book of Living and Dying." The series meets Jan 26, Feb 2, 9, 16 & 23 from 7:30-9 pm at On Balance, 4 Milk St., Portland. Suggested donation is \$5 per session or \$25 for the series. Full attendance is recommended but not required. 655-4174 or 428-3399.

Freedom From Smoking uses a positive behavior change approach to teach you how to become a nonsmoker. USM is offering an eight-session Freedom From Smoking program from 5:30-7 pm beginning Jan 24 at the Sullivan Gym, Falmouth St., Portland. Pre-registration is encouraged due to limited space. 780-4639.

Love Your Body is an expressive movement group for women who want to feel more connected to their bodies. All body shapes and sizes are welcome in this gentle exploration of body shape, feelings, messages and love. Ten-week group begins Jan 21 at the Expressive Therapy Center, 150 St. John St., Portland. For additional information call 865-6027.

Mastery, The Path of the Heart Learn varied techniques to assist you in the mastery of transforming patterns in your life which are not serving your highest good, while keeping your center and awakening your multi-dimensional expansiveness. Series meets Jan 25 and Feb 1 from 6:30-9 pm at 415 Congress St., Portland. 247-6112.

People With Disabilities Support group meets Jan 20 from 1-3 pm at 1700 Broadway West, S. Portland. Come share your ideas for the new year. Sponsored by Alpha One, Center for Independent Living. 767-2189.

Personal Growth and Support Groups offered by the Swedenborgian Church, 302 Stevens Ave., Portland include "Designing Your Life," which meets monthly starting Jan 25; "The Passionate Life: Stages of Loving," which meets weekly beginning Jan 30 at 7:30 pm; and "Moving Through Grief," which meets weekly starting Jan 27. 772-8277.

Sahaja Yoga Meditation Learn this effective and beautiful method of meditation the first and third Friday of each month from 7:30-8:30 pm beginning Jan 20 at the USM Faculty Lounge, Falmouth St., Portland. Free. 767-4819.

Spiritual Education Classes are offered at Light of the Moon, 324 Fore St., Portland: Jan 20 from 6:30-8:30, Perelandra Garden Workbook work support session with Christine Nelms; Jan 21-Feb 11 from 5:30-7:30, four classes in Natal Astrology with Abbe Anderson; Jan 24 from 6:30-9 pm, introduction to Flower essences with Christine Nelms and Mary Alice Hayden, a prerequisite for a daylong session Feb 2; Jan 25-March 8 from 6:30-9 pm, seven classes in Healing the Body, Mind and Spirit with Marsha Stultz and John Moulton; Jan 26 from 7-9 pm, Intuition Development with Nanci Weston; Jan 27 from 6:30-9 pm, Finding Your Personal guide with Emile Rose. Fees for classes vary. 828-1710.

Weekend Yoga Workshop takes place Jan 28-30 and is co-sponsored by Portland Yoga Studio and The Yoga Center. Call for information 797-5684, 775-0919 or 799-0009.

Yoga at the Portland Yoga Studio 616 Congress St., Portland. Hatha Yoga for People with AIDS every Wed from 12:50-2 pm at 22 Monument Square, Portland. Cost: \$1, for those who can afford it. Easing into Backbends Jan 22 from 8:30-11 am. Cost: \$22. Call to register for classes 797-5684.

family

Buzzing Bees Program Maine Audubon Society's Gilsland Farm offers Wednesday programs for preschool aged children. Stories and activities from 10-11:30 am at the Gilsland Farm Sanctuary, 118 Route 1 in Falmouth. Light snack provided, bring a cup for your child. Cost: \$4 members, \$5 nonmembers for the first child, \$1 members, \$2 nonmembers for each additional child. Reservations required. 781-2330.

Children's Museum of Maine The museum offers exhibits and activities for children of all ages. Hours: Mon, Wed, Thurs, Sat 10 am-5 pm; Tues & Sun 12-5 pm; Fri 10 am-8 pm. 142 Free Street, Portland. Admission \$3.75, free to the public Fridays from 5-8 pm. Pre-registration and additional fees required for some activities. 828-1234. Upcoming activities include:

Cartooning Club meets every other Sat from 10-11:30 am. Cost: \$10 members, \$15 nonmembers.

Computer Workshops for school-age and preschool kids meet at various times. Cost: \$1 with paid admission.

Dinosaurs continues through January. Learn about our prehistoric predecessors through fun activities for all ages. Free with admission.

Figures of Speech puppet theater exhibit through Jan 30. Puppeteer John Farrell will build puppets and answer questions in his on-site studio every Wed, Thurs & Sat from 10 am to 5 pm; every Fri from 10 am until 2 pm and 5-8 pm; every Sun from 12-5 pm. "What's so Special About Puppets" will be performed every Wed & Thurs at 10 am and 12-45 pm; every Fri at 6:30 pm; every Sat at 11 am and 3 pm; every Sun at 2 pm. Call for reservations for performance. Free with admission.

Juggling and Magic Club meets every other Mon 3:30-4:30 pm. Cost: \$10 members, \$15 nonmembers.

Pee Wee Science for kids ages 3-6 meets every Thurs at 10 am & 1 pm (ages 3-6). Free with admission.

Star Science Club offered every Sat at 11 am (ages five to six), 1:30-3 pm (ages seven to nine), and 11:30 am-1 pm (ages 10-12). Cost: \$2 members, \$3 nonmembers, per class.

Parenting Classes Portland YMCA presents a series of parenting classes on the last Friday of the month from 6:30-7:30 pm at 70 Forest Ave., Portland. Free for YMCA members; \$2 per family for nonmembers. 874-1111.

Portland Public Library invites children to enjoy its upcoming programs: Preschool Story Time Jan 24 at 10:30 am; Finger Fun for Babies (two and younger) Jan 26 at 9:30 am; Tales for Two Jan 28 at 10:30 am; 5 Monument Square, Portland. 871-1700.

Riverton Library invites children to enjoy its upcoming programs: Toddler Time (kids ages one and two), including games, stories and songs, Wed at 10:30 am & Fri at 9:30 am; Creation Art with Phyllis (kids ages six to 12) Wed at 1 pm; Preschool Story Time (kids ages three to five) Fri at 10:30 am. The library is located at 1600 Forest Ave., Portland. 797-2915.

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Art & Soul continued on page 27

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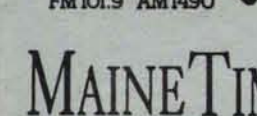
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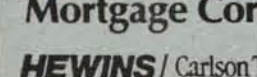
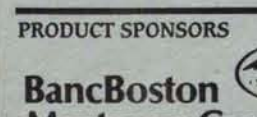
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Portland HOME EXPO
IMPROVEMENTS • REMODELING • REAL ESTATE

Art & Soul continued from page 25

family

Sports Card Show sponsored by Cub Scout Pack 10 Jan 29 from 10 am-3 pm at the Presumpscot Elementary School, 69 Presumpscot St, Portland. Admission \$1.50 cents for scouts in uniforms.

Story Hour Munjoy Branch Library invites children age 3-5 to its story hour each Tues at 10:30 am. The library is located at 44 Moody St, Portland. 772-4581.

YMCA Youth Open House Jan 24-28 from 3-6 pm features specials on youth memberships and a peek at the activities the Y has to offer. Admission is free. 874-1111.

sweat

African Dance Class offered by Casco Bay Movers and taught by Lisa Newcomb and drummer Jeff Densmore Jan 22 from 2:30-3 pm at Casco Bay Movers Dance Studio, 151 St. John St, Portland. Class size is limited. 874-1013.

Contra Dance for a Good Cause Proceeds from a Jan 29 contra dance from 5-11 pm at the Jack Elementary School auditorium will benefit The Cupboard, a non-profit food pantry at Church of the Servant on Munjoy Hill. Music provided by Timbrel. Refreshments available. Admission is \$5 for adults, children 12 and under admitted free. 773-1273 or 774-8874.

Full Moon Group Touring offered by Back Country Excursions of Maine Jan 29, Feb 26 and March 26. Begin the evening with a potluck meal, then cross-country ski under a full moon on wide forest trails. Finish up with hot chocolate, dessert, and a hot tub soak. All tours are guided in Parsonsfield. Cost: \$20 per person. Tours limited in size, call for reservations. 625-8189.

Indoor Archery Lessons for beginning archers and prospective bow hunters. Ninety-minute lessons offered Jan 25, Feb 8 & 23 and March 9 & 23 from 7:30-9 pm at L.L. Bean, Casco Street Conference Center, Freeport. Cost: \$15, pre-registration required, first come, first served. 1-800-341-4341 X2508.

Maine Outdoor Adventure Club offers trips and events to people of all skill levels, beginner to expert. Upcoming events: Jan 21-23 Rangley weekend (828-1532); Jan 26 night ski at Shawnee Peak (781-5033); Jan 29-30 full moon winter camping trip (761-9438); Jan 29 full moon cross-country ski (625-8189). Wednesdays at 6 pm cross-country ski or skate with the Casco Bay Bike Club (865-9558). Weekly walk around Back Cove every Tues & Thurs at 6 pm (meet in Payson Park). For updated trip info, call the Outdoor Hotline at 828-0918.

Oldies Night Dance Jan 29 from 8:45 pm-12:30 am at the Elk's Club, Outer Congress St, Portland. Wear '50s attire and dance to the live music of the Del Rays. Smoke free. Cost: \$5 members, \$8 nonmembers. Sponsored by the Singles' Network. 1-800-375-6509.

Swing & Jitterbug Dance Jan 22 at Gotta Dance Studios, 657 Congress St, Portland. Lessons at 8 pm, dancing from 9-11 pm. Cost: \$5. 774-2718.

Tap Dance Classes taught by renowned tap dance master and performer Brenda Bufalino take place Jan 29 & 30 at the Centre of Movement School of Performing Arts, 19 State St, Gorham. Class times and fees vary with student's level of experience. Call for times and to register. 839-DANS.

Winter Walks Guide Training at Maine Audubon Society begins Jan 21. MAS will train enthusiastic volunteers as naturalist guides for its annual winter Walks Program which will run Wednesdays through Fridays Feb 2-March 18. To learn more, call 781-2330 or write Maine Audubon Society, P.O. Box 6009, 118 U.S. Route 1, Falmouth, Maine 04105.

our towns

Beans Galore and so much more, Jan 22 from 4:30-6:30 pm to benefit the Blue Point Congregational Church. Meet at the North Scarborough Grange Hall for all-you-can-eat brown bread, franks, American Chop Suey, cole slaw, rolls, coffee, tea, milk and pie. Oh yeah, and two kinds of beans! \$5 adults, \$2 children. 767-7604 or 883-3773.

Portland-Shingawa Sister City Anniversary Events Celebrate the city's 10th anniversary of sister city relations with Shingawa, Japan Jan 20. At 9 am at the Lyman Moore Middle School, 171 Auburn St, Portland, local elementary school students will fill an official U.S. mailbox with letters of greeting to their Japanese friends. The mailbox will continue to be filled until it is shipped to Shingawa and presented in an official ceremony in April. Portland and U.S. Postal officials will address the assembly. 874-8685 or 775-0905.

Plebe Street Resource Center Activities include newsletter meetings Tuesdays at 10 am; community meetings Wednesdays at 10 am; art groups open to anyone feeling the urge for creative expression Wednesdays at 11:15 am; activity committee meetings Thursdays at 10 am; and advocacy meetings Thursdays at 11 am. The resource center also needs donations of art supplies and a piano.

Public Education Roundtable The week of Jan 23 kicks off a series of roundtable discussions of current social issues which continues through Feb 13. The series is sponsored by the Maine Council of Churches and the Guy Gannett Communications Group, and discussions will take place in 50 Maine communities. For more information call 780-9000.

Tourism's Effects on Maine is the topic of discussion at the Portland Kiwanis meeting Jan 25 starting at noon at the Portland Club 156 State St, Portland. The public is invited, admission is free. 774-6304.

etc

ACT UP/Portland Join us in the fight for universal rights! Get active on local, state and national issues of education, discrimination, access to health care and AIDS services. Straight or queer, boy or girl, HIV-positive or negative, black, brown or white — act on your beliefs in a dynamic, nonviolent grassroots organization dedicated to direct action to end the AIDS crisis. Meetings every Sunday at 7 pm at the YWCA, 87 Spring St, Portland. Wheelchair accessible.

At the Planetarium USM's Southworth Planetarium offers several weekly shows. Astronomy shows with varied themes Fri and Sat at 7 pm; children's shows Sat at 3 pm; laser light concerts Fri and Sat at 8:30 pm. Tix: \$4 adults, \$3 kids & seniors. The planetarium is located on the USM/Portland campus. 780-4249.

Casco Bay Culinary Association meets the second Monday of each month. Call David Gidden for locations. 799-2234 or 774-3308.

Celebrating Our Bodies, Our Selves is a new movement therapy group starting Jan 20 at the Expressive Therapy Center, 150 St. John St, Portland. 871-8274.

Discussions and Reviews at the Pilgrimage Interfaith Bookstore and Center for Dialogue, Tuesdays at lunchtime and Canterbury Evenings Thursdays at 7 pm. The Tuesday review schedule includes a discussion of Thomas Moore's "Care of the Soul" Jan 25 from 12:15-12:50 pm. The Jan 20 evening discussion topic is Liturgy, Eucharist, and Liberation Theology. The next four Thursdays will be dedicated to sessions of the Readers' Roundtable on Education. A Black History Month discussion of Martin Luther King's legacy follows Feb 24. 772-1508.

Dreams Workshop sponsored by the Alex Tanous Foundation for Scientific Research Jan 20 from 6:30-8:50 pm in room 316 of the Portland Public Library, 5 Monument Square, Portland. Spend an evening with Sheila Dobrowski discovering systematic dream recall and analysis. Snow date Jan 25. Refreshments and raffle. Free admission. 773-8328.

Enriched Golden Age Center invites men and women 60 and over to daily luncheons at 297 Cumberland Ave, Portland. Meal at noon. Special programs on Wednesdays include music by Beau and Dave Jan 26 for Line Dancing Birthdays. Line dancing every Monday at 10 am. Donation: \$2.50. Transportation available. 774-6974.

Father's Group Men interested in discussing and supporting other men around issues of fatherhood, work, husbandhood, stewardship, Robin Hood and other pertinent issues are invited to join the fathers group that meets every other Monday at 7 pm at Swendenborgian Church, 302 Stevens Ave, Portland. 828-1182.

Home Expo The second-annual home improvement event takes place Jan 21-23 at the Cumberland County Civic Center, featuring more than 100 exhibitors of interest to anyone considering buying, building or remodeling. Hours: Friday from 4-9 pm, Saturday from 10 am-9 pm, Sunday from 10 am-5 pm. Admission: \$3 general, \$2 seniors, free to children 5 and under. Cumberland County Civic Center, Spring St, Portland. 1-800-359-2033.

Maine Natural History Groups Talk The Maine Historical Society will host a talk by Herbert Adams on the Portland Society of Natural History and celebrating 150 years of the Maine Audubon Society Jan 29 at 10:30 am at the Maine History Gallery, 489 Congress St, Portland. Cost: \$3.00 adults, \$2.00 Maine Historical Society and Maine Audubon Society members, free to full-time students. 774-1822 or 879-0427.

Map Your Inner Journey in a fun workshop with Sue Ariocho. No experience necessary, some self-knowledge helpful. The workshop takes place Jan 22 from 9:30-5. Cost: \$65. Call for location and to pre-register. 865-1402.

Parliamentarians Parry The Maine Dirigo Unit of Parliamentarians will meet Jan 24 at 10 am at the Woodfords Congregational Church, 202 Woodford St, Portland, to discuss the question, "What is Decorum?" Guests welcome. 839-3878.

Proprioceptive Writing Learn this tool for discovery and expression in a six-week course led by certified teacher Joan Lee Hunter Jan 26, Feb 2, 16 and 23, and March 2 and 16 from 7-9 pm. Cost: \$90. Call for location 773-1282.

Publication Parties Maine author Carolyn Chute will celebrate the publication of her new novel, "Merry Men" with an appearance Jan 23 at noon at Harbour Books, 40A Lafayette St, Yarmouth.

Singles Network presents "What is the Singles Network?" Jan 29 at 7 pm at the Elk's Club, 1945 Congress St, Portland. New and prospective members are welcome to make new friends and learn about the group. 1-800-375-6509.

"2001: A Space Odyssey" on the BIG Screen The State Theater is showing Stanley Kubrick's science fiction landmark on its 40-foot screen (the largest movie screen in Maine) Jan 29 at 6:30 and 9:15 pm. How about classic shorts and cartoons, full concert sound and waiters while you watch the flick? Admission: \$5 adults, \$4 seniors, \$3 kids under 12.

Veggie Talk Elke Rosenberg, teacher of vegetarian whole foods cooking and author of "Ask Elke" for "The Maine Vegetarian" newsletter, will be the guest speaker at a vegetarian potluck Jan 22 at 7:30 pm at 35 Saunders St, Portland. 773-6132. **EW**



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Casco Bay Weekly **personals**

MARKS SHOW PLACE

~ TERI WEIGEL ~



Adult Film Star

~ MIMI MIYAGI ~



Adult Film Star

200 RIVERSIDE ST • PORTLAND ME (207) 772-8033 • 1-800-992-0006
MON.-THURS. 4PM-1AM; FRI. NOON-1AM; SAT. 4PM-1AM
SHOWS TUES, WED & SAT 6, 8, 10, 12; THURS 6, 8, 10, 12, (VIP SHOW 9); FRI 1, 5, 7, 10, 12.

Shiver me timbers!
Feast your eyes on dozens of oysters,
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full of Maine seafood. The galley is open from
11 am til 1 am Mon - Sat
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And wet your whistle with one of the finest
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FAX: 775-1615

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bulletin board

BAHAMA CRUISE- 5 days, 4 nights, underbooked. Must sell. \$249/couple. Limited tickets. (407) 767-0208, ext. 4553, Mon-Sat, 9am-10pm.

CREDIT REPORTS REPAIRED- Reps, bankruptcies, late payments, etc. Guaranteed. Call 10am-9pm. C.F. Agency, 1-800-395-6665.

EARN FREE CHILDREN'S BOOKS- Have a Book Party! Call Linda at 283-9059 for details.

MODELS WANTED FOR HAIRCUT at one of Portland's premier salons. \$5.00 charge. Call 772-9060 Paige.

VALENTINES ART SHOW, Feb. 10th, 5-6pm. Champagne w/free hors d'oeuvres. Seaman's Club, 1 Exchange St. 772-7311.

WANTED- Short non-fiction, drug or alcohol-related stories. Compensation negotiated before publication. Feb. 5th, 1994 deadline. Send to: OMACRON Books of N.H., P.O. Box 307, Amherst, NH 03031.

TROUBLE COLLECTING CHILD SUPPORT?
Call for help!
Also: Debt Retrieval Services
773-1500

lost & found

LOST 1/16/94- Tennis bracelet, Manly Hill area. Sentimental value. Reward. Please call 772-4339.

help wanted

20 PEOPLE NEEDED who want to lose weight and earn extra money by sharing new "THERMO-TRIM" thermogenic coffee. Call 878-3424 for details and free sample.

ACTION PACKED PART-TIME JOBS at the Civic Center. Pirate hockey games, concerts, family shows etc. Fast food exp. pref. Applications at the Civic Center between 9am-5pm.

BABYSITTER for 3 yr. old. Mature, outgoing, 4-8 hours/wk (a.m. best), occ. weekends. Exp. app. req. 878-8871.

CAREER-MINDED HAIRSTYLIST wanted for Old Port Salon w/excellent reputation. Strong hair cutting background preferred. Positive attitude & professional image a must. Excellent haircolor educational opportunity. Competitive compensation. Retail commission & educational reimbursement package. Call PA-NACHE 772-5767 for interview.

DIRECTORS needed for up-coming season at local community theater. Call 675-3515 or 642-2615.

EARN \$6-\$8 PER HOUR- Must be available for a min. of 2 hours on Saturday. Must have proof of insurance. Deliver Maine's newest newspaper. For more information call 1-800-355-5518.

E.PROM- DWM, 40, parent, seeks M/F to share 3BR. Apt. \$260/mo. includes utils. Dave 761-0256.

M/F N/S. TO SHARE HOUSE in safe, quiet Portland neighborhood. Private bath, W/D, D/W, parking. \$300/mo. utils. included. 774-0004.

NO DEERING-N/S, responsible, neat, female to share owner occ. home. Hardwood floors, sunny, W/D, glass porch, nice neighborhood, yard & parking. \$260/mo. + utils. Security deposit & ref. 797-9424.

NORTH DEERING COLONIAL HOUSESHARE- Professional, 25+, good sense of humor. Parking, W/D, fireplace. \$285/mo. + 878-2312.

PARK AVE- Two early 20's women (smokers w/cat) need incorrect roommate. Spacious apt. own bedroom. \$210/mo. heat/HW included. 879-8759.

PINE POINT- 2BR's available in 4BR apt. Great summer spot! \$275/mo. or \$300/mo. negotiable. 883-8954.

PORTLAND-N/S, F. to share 4BR home, W/D, yard. 1 female \$375/mo. + 1/2 utils. or 2 females \$275/mo. + 1/3 utils. 797-2405.

PROFESSIONAL FEMALE SEEKS SAME to share Highland Lake home, 20 minutes to Portland, \$300/mo. + 1/2 utils. 892-7297.

READ STREET (near Cheverus HS)- Come share a lovely, quiet, 2BR house with a W/F 34. Complete w/replace, cats, claw-foot tub & good cheer. \$400/mo. + cheap utils. Please no cigarettes, pets or major life crisis. 879-7196.

KIDS KINGDOM- Newly licensed home daycare in South Portland near Dyer Elementary and S.P.H.S. Openings for all ages in a clean, fun, safe environment. Call 767-1973.

SOUTH PORTLAND HOME DAY CARE- Meals, snacks provided. Activities, art/crafts, lots of fun and TLC. References. 767-1707.

roommates

AFFORDABLE, AVAILABLE, RESPECTFUL, SUPPORTIVE-seeking chem-free N/S female (gay/straight) to share large apt. \$225/mo. includes most utils. Less for minor shoveling. 774-4679.

AVAILABLE IMMEDIATELY-3BR house to share. Quiet neighborhood, parking, storage, yard. \$230/mo. + 1/3 utils. 856-7315.

AVAILABLE NOW- Roommate wanted for large apt. near USM. W/D, parking. \$300/mo. includes all. 773-7701.

BIG, ANTIQUE CAPE- Walk to Willard Beach, neighborhood mechanic, W/D, D/W, lots of storage, 2 rooms available immed. \$250 & \$310/low utils. or \$375 for both. 799-2654.

CAPE ELIZ- Oceanfront. Looking for resp. N/S, M, to share 2BR. house. Fireplace, sunporch. \$295/mo. + 1/2 utils. 799-8764.

E. DEERING- Large 4BR. house. W/D, parking, near Payson Park. \$350/mo. + 1/2 utils. 772-6741.

E.PROM AREA-N/S roommates needed for sunny, 3BR. apt. \$175/mo. + 1/3 utils. Call Pam 780-1402 L.M.

E.PROM- DWM, 40, parent, seeks M/F to share 3BR. Apt. \$260/mo. includes utils. Dave 761-0256.

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PARK AVE- Two early 20's women (smokers w/cat) need incorrect roommate. Spacious apt. own bedroom. \$210/mo. heat/HW included. 879-8759.

PINE POINT- 2BR's available in 4BR apt. Great summer spot! \$275/mo. or \$300/mo. negotiable. 883-8954.

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E.PROM AREA-N/S roommates needed for sunny, 3BR. apt. \$175/mo. + 1/3 utils. Call Pam 780-1402 L.M.

VAUGHAN ST- M/F to share 3BR. \$235/mo. includes heat & HW, parking. N/S. 774-3515.

WASHINGTON AVE- Male roommate wanted, pleasant neighborhood, parking, W/D, 2nd floor. \$225/mo. + 1/3 utils, sec. dep. 879-6088. Avail. 1/94.

WEST ST- 3rd floor, sunny, laundry, storage. \$275/mo. heated, +1/2 utils. Clean, responsible, open-minded. 879-8705.

WINDHAM-4 private rooms, 1-2 people. 2BR, 1/2 bath, LR, garage, near lake. Share kitchen/ full bath. \$450/mo. + 1/2 utils. Tom 885-0203 days, 882-6017 evs.

YOUNG PROFESSIONAL seeks M/F roommate to share sunny apt. near Law School. \$300/mo. + utils. Avail. 2/1. 871-8273.

apts/rent

130 PINE ST- 4rm & bath, appliances, carpeting. \$550/mo. heated, parking. 775-3161, pager 758-1733.

169 DANFORTH ST- 1BR, newly renovated, W/W, fireplace, quiet building. \$425/mo. all utilities included. 780-0875.

INTOWN- Cozy, 1BR, 1st floor, L/R, hrdwd. floors, laundry room, workroom, security system. \$395 includes all utils. 774-5358.

MMC AREA- New owner occupied bldg. w/ quiet 2BR, unit available. Private entrance, DW, \$595/mo. includes H/HW. 775-0763.

NEAL ST- Completely renovated 2BR, deck, fenced, backyard, pets considered. \$550/mo. includes heat, Richard. 871-7173.

RESPONSIBLE N/S F to share 4BR apt. Victorian, must see! \$250/mo. + utils. 780-1672.

RESPONSIBLE N/S, GMF or tolerant roommate to share country house. Garage. \$325/mo. + utils. included. 799-9768.

SO. PORTLAND- New, sunny, 1st floor, 4 rooms, bath, h/wd flrs. & W/W, beautiful pine kitchen, parking, near water, busline, new oil furnace. \$525/mo. + utils. 799-5332.

USM AREA- Cat lover to sublet large, 2BR, furnished 1/2 duplex. Washer, garage. Avail. 4/1-10/1. \$500/mo. + utils. 774-1269.

WEST END- 2BR, condos & apts. Choose from an historic townhouse w/many amenities. Fireplaces, laundry & parking. \$950 to \$550 + utils. New natural gas heating system. 774-5358.

WEST END- 3rd floor 2BR apt., newly renovated, parking, \$500/mo. + utils, sec. dep. References. 799-4901.

WEST END- Fully remodelled, 3BR w/large porch, laundry, gas H/W & storage. \$575/mo. 781-2308 evs.

WESTBROOK- Large, 1BR, Spacious, sunny, heat/HW, parking, storage, quiet, owner/occ. 2-family, busline, pets considered. \$475/mo. 854-1926.

rooms/rent

USM AREA- Furnished room in private home. Seeking 2nd home. Storage, W/D, private phone, kitchen privileges, utilities. \$300+sec. 773-8206.

seasonal/rent

MARCO ISLAND, FLORIDA- 2BR, 2-bath, beachfront condo. Tennis, pool, sleeps 6, great for families, couples. School vacation week April 16-23, \$1000. Call 725-4746.

PINEPOINT- Furnished 2BR cottage, available until June. Quiet location. Monitor heat. \$350/mo. + utils. 883-3891.

offices/rent

FOREST AVE- Mental Health Counselor wishes to share space w/another counselor. Comfortable, furnished, phone, ans. machine. Available Thurs-Sat., \$125/mo. 874-2966/947-1022.

PORTLAND- Office space to share with Massage Therapist or Counselor. \$110/mo. negotiable. Call 799-4143.

PROFESSIONAL OFFICE SPACE FOR RENT- Quiet Victorian Office Building. Three offices available January 1, 1994. Four, three & two-room suites, common waiting room, all utilities & more. Off-street parking. Corner of Deering & Meier Streets. \$375-\$450/month range, venetian blinds, deluxe carpeting, SS storms, house door, W/D plumbing. Factory 1 year/5 year warranty. 786-4016, daily 10-6, Sunday 10-5. LUV Homes, 1 mile from turnpike, 1049 Washington St., Rt. 202, Auburn, ME.

art studios/rent

RENTAL SPACE IN PROFESSIONAL CLAY STUDIO. Three month sublet or long-term. Sawyer Street Studios. 767-4394.

STUDIOS- ARTISTS ONLY BUILDING. All inclusive. Tin ceilings, artists sinks, high energy environment. Darkrooms/suites w/ views. \$95-275/mo. 878-3497.

WORKING STUDIOS- Sunny, private, lights, heat included. 200-400 sq. ft. 317 Cumberland Ave. 772-6527.

storage/rent

DOWNTOWN OFF STREET COVERED PARKING. Introductory offer. \$25/mo. Call 780-1770.

FREEPORT- 800 sq. ft. workshop space. \$350/mo. includes heat. Utils. negotiable. Security deposit, references, lease. Call 865-4142.

business rental

INTRODUCTORY MEDITATION SERIES- Tibetan Book of Living & Dying. Begins Jan. 26. On Balance. 655-4174.

INTRODUCTORY TAROT CLASS- Sponsored by Tarot Society of New England. Eight-week course. \$125. Jeanne Fiorini, 799-8648.

LIGHT OF THE MOON, with over 40,000 book titles available, also has a large selection of Tarot cards, unique gifts, and tools to heal the body, mind and spirit. 324 Fore St. 828-1710. Open Daily.

LOVE YOUR BODY- Expressive Movement Program for Women. All body shapes and sizes are welcome into this gentle transformation of body image. 10 weeks, beginning Jan. 21. Anita Flores, Expressive Arts Therapist. 865-6027.

real estate

\$69,000 Combined residential/business building. Ideal for in-home store, office, studio. Roger, Century 21 First Choice. 854-8491.

PORTLAND, LUDLOW STREET- 4BR, 2 bath, 20x11 ft. family room w/brick hearth & airight woodstove. Large tiled kitchen, new two zone oil heat. Tastefully decorated, excellent condition. No brokers please. \$123,900. 774-0830.

SCARBOROUGH- Attractive Gambrel w/breastway, garage on private cul-de-sac. 4BR, 2 baths, forced H/W. Deck overlooks large private backyard. Must see to appreciate! \$139,500. 883-9696.

SO. PORTLAND- 4BR home w/income apartment. 2 car garage. Excellent condition. \$129,900. Brokers Protected. Call 799-4901.

WIN COUNTRY HOME FOR \$50! For details send SASE to: Essay Contest, P.O. Box 189, Buckfield, ME 04220.

condos for sale

NEW CONDO- 1000+-sq. ft. w/appliances, gas heat, parking. 198 High St. Financing available. \$55,000. 772-6540.

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\$19,995 OR LESS! 2BR \$14,395, \$16,782, 3BR \$16,495, \$16,995, \$18,995. We are your one-stop shopping center. LUV Homes, 1049 Washington St., Rt. 202, Auburn, ME.

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DEEP MUSCLE MASSAGE- Karen Austen, M.A., L.M.T., Licensed Massage Therapist. Alleviate chronic backaches, headaches, neck and shoulder stiffness, sciatica, stress, improve flexibility, muscle tone, circulation, athletic performance. By appointment. 865-0572.

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FICTION AND PERSONAL NARRATIVE writing workshop with Dianne Benedict. 3-6pm every third Sunday afternoon in Portland. \$95 for six sessions. 725-7035.

INTRODUCTORY MEDITATION SERIES- Tibetan Book of Living & Dying. Begins Jan. 26. On Balance. 655-4174.

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- ☐ bulletin board
- ☐ lost & found (free)
- ☐ rideshare (free)
- ☐ help wanted
- ☐ business opportunities
- ☐ positions wanted
- ☐ child care
- ☐ roommates
- ☐ apts/rent
- ☐ houses/rent
- ☐ seasonal/rent
- ☐ offices/rent
- ☐ art studios/rent
- ☐ storage/rent
- ☐ business rental
- ☐ rentals wanted
- ☐ real estate
- ☐ land for sale
- ☐ mobile homes
- ☐ auctions
- ☐ body & soul
- ☐ instruction
- ☐ business services
- ☐ professional services
- ☐ financial
- ☐ stuff for sale
- ☐ garage/yard sales
- ☐ antiques
- ☐ give away (free)
- ☐ wanted
- ☐ arts & crafts
- ☐ holiday gifts
- ☐ theatre arts
- ☐ fairs & festivals
- ☐ music
- ☐ wheels
- ☐ boats
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CHEVY CORSIKA, 1989 - Maroon, 78K highway miles. 5-spd., 6-cylinder, A/C, garaged, immaculate. 846-5505.

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DODGE CHARGER SE, 1977 - 57K miles, Am/Fm stereo, rear defrost. Needs work. \$500/B.O. Call 282-6885.

DODGE OMNI, 1985 - Newly inspected front-wheel drive, 4-dr., moonroof. \$1,900/B.O. Please call Esther, 761-2482, L.M.

FORD ESCORT 1984-4dr., 78K miles, good condition, wild sticker. Moving... must sell. \$990/B.O. 878-8322 L.M.

FORD ESCORT 1986-4dr., automatic, P/S/PB, 75K, ex. cond. Great Buy! \$2,000/B.O. Let's talk. Call 874-7875.

FORD ESCORT GL 1987 - Hatchback, red, auto, air, rust proofed, well maintained. \$2,500. Call 799-2613.

FORD F-150 1989 - Power, ABS, 4x4, cap, 6cyl., 4spd., many extras. Nice. \$7,450. 774-8862 eves.

HONDA ACCORD EX COUPE 1991 - 5-speed, loaded, 55K, teal, moonroof, exc. cond. Must see! \$10,200. 761-1812 eves.

HONDA ACCORD LX 1981 - Hatch, 5 spd., AM/FM cassette, 122K. Needs work. \$500/off. Call 879-1539.

HONDA ACCORD LX 1992-4 dr., 27K, auto, loaded, in excellent condition. \$13,000/B.O. Call 893-1066.

HONDA ACCORD LX HATCHBACK, 1984-5spd., very good condition, low maintenance, 98K. \$2,500. Call 767-4657.

ISUZU IMPULSE 1986-Black, 5spd. AM/FM cassette, air cruise, standard. \$1,750. exc. cond. 828-8049. Moving - must sell!

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TOYOTA COROLLA 1987 - White, 4-door, 5spd., standard, 82K. Good condition. \$3,500. 772-7607.

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VOLVO WAGON, 1980 - 168K miles, runs and looks great. \$2000/B.O. 773-7613.

VW JETTA 1986 - Blue, 5spd., 4-door, 97K, sunroof, alloys. \$2,795. Steve 883-2901 days/772-5332 eves.

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Best breakfast joint _____
 Best restaurant with
 dinner entrees under \$10 _____
 Best restaurant with
 dinner entrees over \$10 _____
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 Best free eats at happy hour _____
 Best ethnic food shop _____
 Best sandwiches _____
 Best Maine beer _____
 Best chowder _____
 Best pasta _____
 Best pizza _____
 Best burger _____
 Best ice cream _____
 Best coffee _____
 Best chicken wings _____
 Best nachos _____
 Best bagel _____
 Best pad thai _____
 Best dessert _____

BEST ENTERTAINMENT

Best event of 1993 _____
 Best band _____
 Best radio station _____
 Best video store _____
 Best art gallery _____
 Best place to hear live music _____
 Best place to dance _____
 Best theatrical production _____
 Best children's production _____
 Best bookstore _____
 Best tape/CD store _____
 Best movie theater _____
 Best place for a cheap date _____
 Best thing to do on the waterfront _____
 Best place to walk your dog _____
 Best street corner _____
 Best jukebox _____
 Best sledding hill _____
 Best place to skate _____

Who puts the great in Greater Portland?

You do! Tell us where you like to eat, drink, dance, caper, cavort, gawk or just hang out. Each year we compile the results and report on the people and places CBW readers have been drawn to over the past year.

This year we've also included a reader's choice section. Make up your own category and answer. We'll print the most creative responses - with your name.

Here's what you do: Fill out all the categories you deem yourself fit to judge. Keep your choices current and confined to people and places in Portland's vicinity. (Confidential to you-know-who-you-are: Stephen King is not a local author.)

Mail the completed ballot to us at the address below, or drop it off at our convenient Congress Street location. (After hours you can slip it through the mail slot.) Please confine your enthusiasm to one ballot per person. And note that we look unfavorably on ballot stuffing. We have a special place where we store fat envelopes crammed with ballots, and once a week someone comes by and takes such items to Regional Waste Systems, where they are rendered unreadable.

Get us your ballots by 5 p.m., Feb. 11. Then sit back and watch for the results in our March 10 special issue.

BEST SERVICES

Best fish market _____
 Best bank _____
 Best furniture maker _____
 Best bicycle shop _____
 Best place to buy shoes _____
 Best emergency room _____
 Best pharmacy _____
 Best dry cleaner/laundry _____
 Best tailor _____
 Best shoe repair _____
 Best car dealer _____
 Best jeweler _____
 Best barber/hair stylist _____
 Best grocery store _____
 Best kennel _____
 Best florist _____
 Best clothing store _____
 Best thrift shop _____
 Best ski shop _____
 Best abuse of taxpayers' money _____

BEST PLACES

Best view _____
 Best place to be seen _____
 Best local place for a hike _____
 Best health club _____
 Best place for a romantic dinner _____
 Best free parking place _____
 Best place to kill an hour _____
 Best B&B for a weekend getaway _____
 Best outdoor statue _____
 Best thing to do with out-of-town guests _____
 Best public place to fight with your lover _____
 Best public place to make up _____
 Best public place to nap _____
 Best place to fly a kite _____
 Best season in Maine _____
 Best route out of town _____

READER'S CHOICE

Your category: _____

Your answer: _____

Name: _____

City/town: _____

Daytime phone number: _____

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